



Portobello Road Pop-Up for Dementia Awareness Week

Friday 20 May 2016, 11am to 4pm

Learn more about dementia at this free event,
including:

- Sing to Live, Live to Sing Choir
- Creative Connection -
live cartoon drawings
- Local history walkabout
- Information stalls
- Become a Dementia Friend

DAA

Royal Borough of Kensington & Chelsea
Dementia Action Alliance

Dementia is caused by damage to the brain, there are many different types and the most common is **Alzheimer's Disease**.

Dementia affects **everyone differently** and can cause confusion, **forgetfulness**, difficulty concentrating, problems understanding and **finding words**, and difficulty **finding places**.

The **community** can really **help**. We can be alert to people who need our help; **assist** them if they seem confused; **remain calm** and reassuring if people seem distressed; or just spend **time chatting** with people.

Do you know someone with dementia?

There are more than 1,500 people living with dementia in Kensington and Chelsea. It isn't easy to see straight away and is a common condition that is experienced by many people.

People living with dementia need extra understanding and support so as not to withdraw into themselves and become lonely. Getting involved in stimulating activities in a supportive environment can help.



People with dementia often become more open, loving and creative, and non-verbal communication can become more important than verbal communication in making and maintaining relationships.

Dementia doesn't cause pain but can make it harder to express pain. If someone is in pain they may get angry or frustrated in trying to express how they feel.

Not all older people will have dementia and it will affect everyone who does differently.

People can live well with dementia for many years. However, as it gets worse, dementia can distress the person and their family, so people need greater support and understanding to continue with their lives.

Get involved in our local Dementia Action Alliance

The Kensington and Chelsea Dementia Action Alliance is made up of local organisations and our aim is to raise awareness across the borough about what it is like to live with dementia, and build a dementia-friendly community.

We are always looking for new members to join the Kensington and Chelsea Dementia Action Alliance.

For information, please contact:

 **Kathe Jacob** at **Age UK K&C, 1 Thorpe Close, London W10 5XL**

 **kjacob@aukc.org.uk**

 **020 3181 0002**



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KENSINGTON
AND CHELSEA