

Don't Forget about Dementia

Harlow
Dementia Friendly
Community



Don't Forget:

**Dementia is not a
natural part of ageing**

**Dementia is caused by
diseases of the brain**

**Dementia is not just
about losing your
memory**

**It is possible to live well
with dementia**

**There is more to a person
than dementia**

**It is possible to reduce your
risk of developing dementia**

**Around 982,000 in
the UK live with
dementia, expected to
rise to 1.4m by 2040**

Whether you realise it or not, you probably know at least one person with dementia. When people develop dementia, they do not want to be forgotten by friends and family, even when they are struggling to remember you.

The more you know about dementia the better you will be able to help them to live well with dementia.

Help us make Harlow a more Dementia Friendly Community.



Watch this five-minute video explaining how dementia can affect people. Search 'Dementia Bookcase Video' or scan this QR code



Register with us for an online or in-person Dementia Awareness Session


Rainbow
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Contact us to see how you or your organisation could help