

# Dementia



## What is it?

Dementia refers to a collection of progressive symptoms which interferes with a person's daily living. A person may experience the progressive loss of memory, language, thinking and problem solving abilities. They may have difficulty with completing daily tasks such as expressing emotions, comprehending what is being said, decreased judgement or changes in mood and behaviour.

## What ChatAbout can do:

Speech Pathologists can help to support people with dementia navigate communication changes to build their communicative abilities and independence. Your speech pathologist will tailor an individualised therapy plan to support you to meet your communication goals, across the different stages of dementia.

Speech Pathologists can help to support people with dementia by:

- Supporting the individual's ability to recall facts or procedures through the implementation of cognitive rehabilitation strategies such as Spaced Retrieval Training, or through external memory aids such as memory wallets.
- Empowering the individual to maintain and/or regain independence with daily communication tasks such as ordering food at a restaurant, or answering the phone.
- Collaboratively working with family members and communication partners to enhance their connections and communication with their loved one.