

# JUST FOR KIDS

Helping children understand Alzheimer's disease and other dementias



## WHEN SOMEONE IN YOUR FAMILY HAS DEMENTIA

You may have someone in your family who has dementia. Dementia affects the person's brain. There are some diseases that cause the brain to stop working properly, and you may start noticing some changes in the person who has dementia. When people have dementia, they may forget, they may get confused, they may have trouble speaking and taking care of themselves. Scientists don't know why people get dementia, but they are working hard to find a cause so they can stop it from happening. Some of the diseases that can cause dementia include Alzheimer's disease, vascular dementia, Lewy body dementia and fronto-temporal dementia.

You can't get dementia from another person, like the cold or the flu. Just because someone in your family has the disease, it doesn't mean you will get it.

Dementia is not a normal part of growing old. Most people who have dementia are over 65 but sometimes (not very often) people in their 40s and 50s get it too. As people get older, their chances of developing dementia increase.

UNSCRAMBLE THE WORDS USING THE CLUES

NABIR  
DEMENTIA AFFECTS THE \_\_\_\_\_.

F G O E R T  
PEOPLE WITH DEMENTIA \_\_\_\_\_.

L N R O A M  
DEMENTIA IS NOT A \_\_\_\_\_ PART OF GROWING OLD.

U A S C E  
SCIENTISTS ARE WORKING HARD TO FIND THE \_\_\_\_\_ OF DEMENTIA.



# JUST FOR KIDS

## PEOPLE WITH DEMENTIA

may forget your name, see or hear things that are not there, get lost, have trouble sleeping or say the same things over and over. This can cause them to become frustrated or nervous and they may get angry with you for no reason. It is important to know that they do not mean to treat you badly. It is not your fault if the person gets upset. Dementia makes the person act this way.

Taking care of someone with dementia is a hard job. If your mom, dad or grandparent is taking care of someone with dementia, they are probably very busy. You may find that they do not have as much time to spend with you or when they do, they are too tired to do anything. You may feel sad or angry about this. It is important to remember that they still love you. Talk to your family, a teacher or a trusted adult about your feelings.

People with dementia need to know you care. When you hold their hand or give them a hug, they will always feel your love.



## YOU MAY HAVE QUESTIONS

about what is happening to the person with dementia. You can learn more about the disease and how to help the person.

## COLOUR ME!



**CHECK OUT THE RESOURCE LIST ON OUR WEBSITE**  
[WWW.ALZHEIMER.CA/KIDS](http://WWW.ALZHEIMER.CA/KIDS)

# HELPING CHILDREN UNDERSTAND ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

## HERE'S A LIST OF THINGS YOU CAN DO:



### 1 REMEMBER PAST EVENTS

People with dementia like to remember things from long ago. You can help them remember by sitting with them and looking at old pictures or photo albums.

### 2 MAKE A MEMORY BOX

You probably have many special memories about spending time with the person who has dementia. Fill a box with five special things that will help you to remember those times. Examples could be: fishing hook, a gold coin, a letter or card, a piece of jewellery (pin or broach), a watch, a medal, a baseball, a theatre ticket stub.



### 3 HELP AROUND THE HOUSE

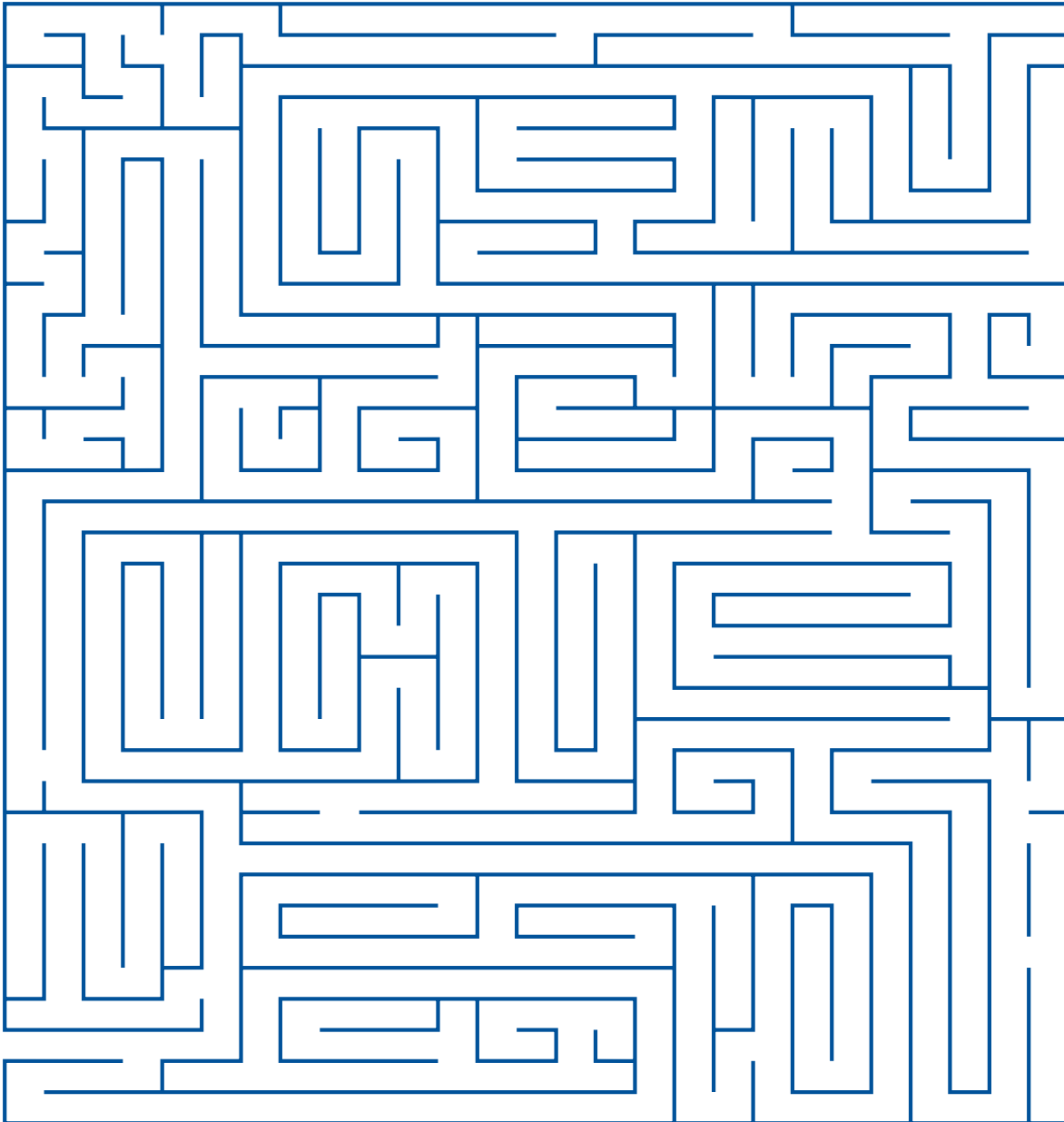
People with dementia like to keep busy. You can help them make their bed, fold their laundry, help make lunch, go for walks or rake leaves in the yard.

## TO LEARN MORE

CONTACT YOUR LOCAL ALZHEIMER SOCIETY OR VISIT OUR WEBSITE • [WWW.ALZHEIMER.CA](http://WWW.ALZHEIMER.CA)

# FIND THE MEMORY BOX

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FINISH



## Alzheimer Society

Alzheimer Society of Canada

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