



Quarterly Newsletter

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DEMENTIA

Welcome to the latest edition of the CBCHS Quarterly Newsletter! This edition features an article about dementia and general facts. I hope you find this newsletter helpful. I would like to acknowledge Alzheimer's Association of Australia for the content of this newsletter. Warmest regards and look after your own health!
Chris Fox CEO

What is dementia?

Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and what would be considered normal emotional reactions.

Who gets dementia?

Most people with dementia are older, but it is important to remember that most older people do not get dementia. It is not a normal part of ageing. Dementia can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also have dementia.

What causes dementia?

There are many different forms of dementia and each has its own causes. Some of the most common forms of dementia are:

- Alzheimer's Disease*
- Vascular Dementia*
- Parkinson's Disease*
- Dementia With Lewy Bodies*
- Fronto Temporal Lobar Degeneration (FTLD)*
- Huntington's Disease*
- Alcohol Related Dementia:*
- Korsakoff's Syndrome*
- Creutzfeldt-Jacob Disease*

Is it dementia?

There are a number of conditions that produce symptoms similar to dementia. By treating these conditions, the symptoms will disappear. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections and brain tumours.

YOU CAN HELP

Central Bayside Community Health Services Inc. appreciates the gifts of supporters to help meet the ever-increasing needs of its community. If you can help, simply fill out this form and send it, along with your donation, to the address below.

YES I would like to help

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Address

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Enclosed is my donation of

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Enclosed is my cheque/money order payable to

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All donations of \$2 or more to CBCHS are tax deductible. Donations will be acknowledged and a receipt provided for taxation purposes.

Further information

If you require any other information, please tick the appropriate boxes below and send this form to us.

Please send me information on how to include CBCHS in my Will

I would like to talk to someone, in strict confidence, about including CBCHS in my Will

Return your completed form to:

CEO
Central Bayside Community Health Services Inc.
335 Nepean Highway
Parkdale 3195

It is essential that a medical diagnosis obtained at an early stage when symptoms first appear to ensure that a person who has a treatable condition is diagnosed and treated correctly. If the symptoms are caused by dementia, an early diagnosis will mean early access to support, information, and medication should it be available.

Can dementia be inherited?

If there are concerns about the risk of inheriting dementia, consult your doctor or a Alzheimer's Australia counsellor. Most cases of dementia are not inherited.



What are the early signs of dementia?

The early signs of dementia are very subtle and vague and may not be immediately obvious.

Common symptoms:

- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to do everyday tasks

What can be done to help?

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia and the help of families, friends and carers can make a positive difference to managing the condition.

Where to from here?

You will find more information about dementia on the Alzheimer's Australia website:

www.alzheimers.org.au

CBCHS have various services for people with dementia, including day activities.

Please feel free to call **8587 0200** for advice.

CBCHS WEBSITE

To find out more information about us, general information, services, health promotion, events and publications, go to:

www.cbchs.org.au