

# Look after your brain

A guide to dementia for Aboriginal people



## What is dementia?

Dementia is a sickness of the brain. It makes it difficult for you to think and plan. You get sicker over time but if you know what is happening you might be able to slow it down.

## What are the signs of dementia?

Forgetting someone's name, your stories, places you've been, who you visited yesterday or not acting yourself may be signs of dementia.

## Why do I need to know?

Dementia can happen to anybody – aunts, uncles, mums and dads. It's more common in older people, but can sometimes happen to younger people.

## What can I do?

- Find out as much as you can about dementia
- Get regular health checks
- Get your blood pressure and diabetes checked often
- Cut down or stop smoking and drinking

- Get active and exercise more
- Go out with friends and family
- Keep your brain active
- Keep learning
- Eat good foods like fresh fruit and vegetables and lean meats

## Talk to your:

- Aboriginal Medical Service
- doctor or Aboriginal Health Worker
- chemist or hospital
- family and friends
- Aboriginal Home Care Service



**Family & Community Services**  
Ageing, Disability & Home Care

Ask here for your free dementia guide for Aboriginal communities,  
or call the Aboriginal Access and Assessment Team at  
Ageing, Disability and Home Care, Department of Family and Community Services.  
Phone 1300 797 606 TTY (02) 8270 2167 [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)