

**Please return your completed form
in an envelope to the address below.**
(no stamp required)

Alzheimer's Society
C/O Beechwood House Publishing Ltd
FREEPOST RM1151
Beechwood House
2-3 Commercial Way
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Act now

**If you are worried, contact your GP.
Remember the earlier you seek help,
the sooner you can make the most
of your life.**

So don't delay. Act now.

- make an appointment to see your GP
- return the reply form to receive a free information booklet
- log on to **alzheimers.org.uk/memoryworry**

Alzheimer's Society National Dementia Helpline has trained advisers ready to discuss your concerns about any form of dementia. Please contact us on:

0845 3000 336

We are open Monday – Friday 8.30am – 6.30pm

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Lilly

These materials have been developed by Alzheimer's Society and are being produced in partnership with Lilly.

Leading the fight
against dementia
**Alzheimer's
Society**

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Worried about your memory?



**'I remember that birthday
as clear as can be... but
it's a struggle to recall
what I did this morning.'**

Should I worry?

It's happened to all of us at some time or another. You can't put a name to a face. You forget where you put your keys. You can't remember where you parked the car. Most of the time, such slips are a nuisance rather than a sign of something more serious.

But if you are worried that your memory – or that of someone you know – is getting noticeably worse, or if memory problems are beginning to have a knock-on effect on everyday life, it is worth sharing your worries and seeking advice. That's because memory problems can sometimes be an early sign of a medical condition such as dementia.

Dementia affects everyone in different ways. Other signs of dementia could include feeling confused even when in a familiar environment or finding it hard to follow conversations or programmes on TV.

What should I do?

You should seek advice without delay if your memory, or the memory of someone else, is getting worse and having an impact on your daily life:

- **Make an appointment to visit your GP** who will address your concerns or arrange for further investigation.
- **Complete and return the attached freepost reply form** to receive a free information booklet that will help you recognise the signs of dementia.
- **Log on to alzheimers.org.uk/memoryworry** to find out more about dementia.

There are many reasons for memory loss apart from dementia. But if there is a medical reason for your memory loss the earlier you seek help the better, as there may be support or treatment available that can help you.

To order your free booklet

- Yes, please send me a free information booklet to understand memory problems and dementia

Your details

Name
Address
Postcode
Email address

Please tick the box that describes you most clearly

- I am worried about my memory
- I am worried about someone else's memory

If you require a foreign language version of the booklet please tick the relevant box

- Arabic Gujarati Tamil
- Bengali Polish Urdu
- Chinese Punjabi
- French Somali

Also available

- Braille Tape

Data protection

Alzheimer's Society will not pass your details on to any other organisation for their marketing purposes. We may use your information to contact you in the future about Alzheimer's Society activities, including fundraising.

- If you would prefer not to receive communications from us, please let us know by contacting us at the address overleaf or by ticking this box.