CLÍNICA VIVALDI · FREE SHEET · NEUROCOGNITIVE

Major neurocognitive disorder (dementia)

Major impairment of memory or other functions (language, orientation, planning) that interferes with autonomy. It may be due to Alzheimer's, vascular problems, Lewy bodies, and other causes.

COMMON SIGNS

- Forgetfulness that affects daily life
- Disorientation
- Changes in behaviour or personality

TIPS FOR YOU

1. Neuropsychological and neurological assessment
2. Cognitive stimulation and stable routines
3. Look after the carer too

FOR FAMILY AND FRIENDS

1. Stable routines and a safe environment
2. Look after yourself too: ask for respite and support

WHEN TO ASK FOR HELP

1. Ask for a neurological and neuropsychological assessment
2. If there is a sudden worsening, go to A&E

CHECKLIST OF WARNING SIGNS

☐ Forgets recent conversations or events
☐ Repeats the same questions
☐ Gets lost in familiar places
☐ Finds it hard to manage money or medication
☐ Has trouble finding words
☐ Their personality has changed
☐ Has given up hobbies or activities
☐ Needs help with tasks they used to do alone

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-neurocognitivo-mayor-demencia
- CEAFA: Spanish Alzheimer's Confederation: https://www.ceafa.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112