

Confidentiality

We will store all personal information securely and treat it with the strictest confidence. We may need to share information about you with other professionals involved in your care, but we will ask you before doing this.

Equal opportunities

We are committed to giving an open and inclusive service. The service is open to all adults over the age of 18, regardless of culture, ethnicity, religious identity, gender or sexual orientation.

Complaints

If you are not happy about something, please speak to member of our team directly. You can also contact the Patient Advice and Liaison Service (PALS) for help, advice and information. PALS phone: 0800 731 2864
PALS website: www.pals.slam.nhs.uk
PALS email: pals@slam.nhs.uk

If you would like to make a formal complaint, please contact the Complaints Department. Complaints Department, Maudsley Hospital, Denmark Hill, London SE5 8AZ
Phone: 020 3228 2444/2499
Email: complaints@slam.nhs.uk

Other versions of this leaflet

If you would like a large print, Braille, audio or translated version of this leaflet, please ask us.

How to contact us

If you would like any more information about what you have read in this leaflet or have any questions about our service, you can contact us using the details below:

Southwark and Lambeth Integrated Memory Service

The Gatehouse
Ann Moss Way
Rotherhithe
London SE16 2TH

Phone: 020 3228 0570
Fax: 020 3228 0571

Other Useful Contacts:

SlaM Switchboard: 020 3228 6000
SlaM 24-hour Information Line: 0800 731 2864
SLaM website: www.slam.nhs.uk

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Southwark and Lambeth Integrated Memory Service

Understanding mixed dementia

What is dementia?

You may have noticed problems with your memory, such as remembering information and faces, finding the right words or understanding what people are saying to you. You may also be finding it harder to concentrate. These are all common symptoms of dementia.

Dementia is not a normal part of ageing. It is more common in older people and affects about five percent of people over 65 and about 20% of people over 80. It is not contagious or something to be ashamed of.

Dementia usually gets worse over time. The speed of this varies from person to person. There are several different types of dementia, which may affect you and your daily life differently. Some of the main ones include:

- Alzheimer's disease
- Vascular dementia
- Mixed dementia

This leaflet gives more information about mixed dementia.

What causes mixed dementia?

Mixed dementia has features of both Alzheimer's disease and vascular dementia. This means that there are changes to the brain which may be caused by both damaged tissue building up and by blocked blood vessels. This affects the way that the cells and chemicals in the brain can work, including a chemical called acetylcholine.

What are the signs?

Mixed dementia may develop gradually, like Alzheimer's disease or in a 'stepped' way, like vascular dementia, with episodes of change followed by more settled periods. The most common features include:

- difficulty concentrating
- difficulty communicating, including finding the right words
- difficulty remembering recent events
- difficulty making decisions
- periods of feeling confused
- feeling down or low in mood
- sudden changes in mood
- seeing or hearing things that aren't there
- symptoms of stroke such as physical weakness.

How will this affect me?

We realise that these changes can be overwhelming and frightening. There may be times when you are more aware of these difficulties than others, and it may upset you if other people comment on them.

What happens next?

It is important to remember that dementia is not a normal part of ageing and you do not have to cope with it alone. Although there is no cure for dementia at the moment, there is support available that you might find helpful. A member of our team will work with you to create a care plan based on what is important to you. You may also be offered medication to help slow down the symptoms of dementia. We can also offer you and your carer emotional and practical support. This may include simple tips on things you might find helpful, such as keeping to a certain routine, writing reminders to yourself and keeping important objects in the same place. There is a link between some health conditions and mixed dementia, so we will also work closely with your GP to make sure your physical health is looked after.