

Indigenous Peoples and Dementia



Forgetting can be a normal part of getting older. Memories of the past can be less detailed, or sometimes we can't find words in the moment.

When forgetting becomes worse or happens more often, it may be a sign of dementia.



- Rates of dementia in Indigenous Peoples are higher than in non-Indigenous people in Canada.¹
- Symptoms may begin as young as 45-50 or much later depending on the type of dementia.¹

Signs and Symptoms:



- Forgetfulness that affects day-to-day life
- Difficulty with familiar tasks
- Getting lost or wandering in your community
- Errors in judgement
- Changes in behaviour and personality like emotional outbursts or hiding things

¹Jacklin K, Warry W, Blind M, Webkamigad S, Jones L. (2017)



What to do?

- If you're worried, speak to a health care worker at your home health centre, a doctor or a nurse. A diagnosis can help make sure that you and your family receive the best treatment, information and supports.

We're here to help. We can:

- Offer support through our phone line that you or a family member can call at any point for help
- Provide education and resources
- Connect you with services

Suggestions for good brain health:

- Spend time with other elders
- Grow and gather your own food
- Laugh, sing and dance
- Speak, listen to or learn your traditional language
- Craft, bead, hunt, fish or sew
- Look to your family, friends and community for support

**For more information, contact us today at
1-800-611-6345 or visit www.alzheimer.ca/ns**

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