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Alzheimer's Society  
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## Act now

Memory problems needn't stop you making the most of life. Here's what to do if you are concerned about your own or somebody else's forgetfulness.

### For information about dementia:

- call **Alzheimer's Society Dementia Helpline 0845 300 0336** (8:30am to 6:30pm, Monday to Friday) or **email [info@alzheimers.org.uk](mailto:info@alzheimers.org.uk)**
- visit **[alzheimers.org.uk](http://alzheimers.org.uk)**
- **send for an information booklet** using the reply form overleaf.

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# Worried about your memory?

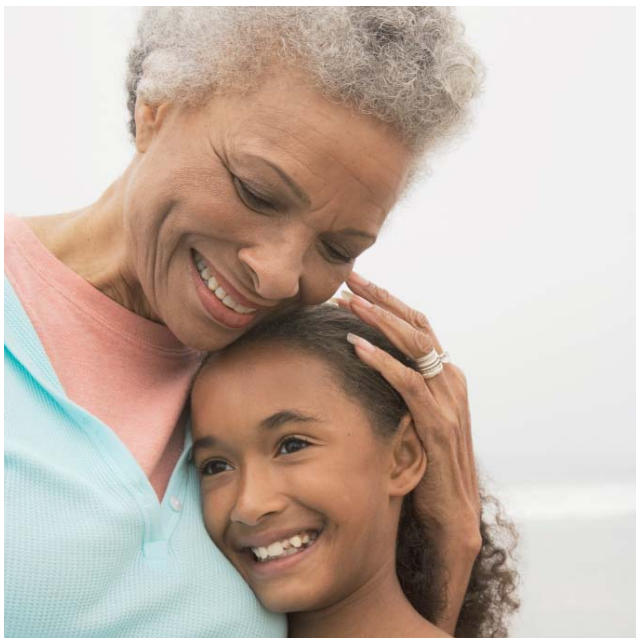


‘I remember that holiday as clear as can be... but it's a struggle to recall what I did this morning.’

## Should I worry?

It happens to everyone from time to time. You can't quite put a name to someone's face. You forget where you've put your keys. You can't remember where you parked the car. Often such lapses are because of tiredness, stress or simply having too much to do.

But if your forgetfulness – or that of someone you know – is getting worse or is beginning to interfere with everyday life, it can sometimes be the beginning of a specific medical problem such as dementia. Nowadays there is support, advice and a range of material available for people with dementia and their families. There are also treatments which can temporarily alleviate some symptoms, so don't ignore it – share your worries and seek expert advice.



## Time to take action

If you have always had a poor memory there's a fair chance your problems are not caused by dementia. All sorts of things can affect memory, including getting older. And anxiety can make you forgetful too. But if there is a medical reason for your forgetfulness, the earlier you get help the better.

If your memory, or that of someone you care about, is getting worse, if memory lapses are becoming more frequent, or having a knock-on effect on other things such as home, work or relationships, don't delay:

- **make an appointment to visit your GP** who can assess you and perhaps refer you to a memory clinic or specialist for further tests. You might want to take this leaflet along with you to help you explain what you are worried about.
- **call the Alzheimer's Society Dementia Helpline 0845 300 0336** (8.30am to 6.30pm, Monday to Friday) for confidential help and advice from our trained advisers or **email [info@alzheimers.org.uk](mailto:info@alzheimers.org.uk)**
- **send off the attached freepost reply form** to receive an information booklet to help you understand dementia.

## To order your free booklet

- Yes, please send me a free information booklet to understand 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

- |                                  |                                   |                                |
|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Arabic  | <input type="checkbox"/> Gujarati | <input type="checkbox"/> Tamil |
| <input type="checkbox"/> Bengali | <input type="checkbox"/> Polish   | <input type="checkbox"/> Urdu  |
| <input type="checkbox"/> Chinese | <input type="checkbox"/> Punjabi  |                                |
| <input type="checkbox"/> French  | <input type="checkbox"/> Somali   |                                |

### Also available

- Braille       Tape

### Data protection

Information you provide will be treated with the utmost confidence and in accordance with the Data Protection Act.

We would like to contact you occasionally with news of other ways you might be able to help Alzheimer's Society. If you would rather we didn't contact you, please tick the box below:

- Please don't send me occasional updates on other ways I can support Alzheimer's Society.