

# DEMENTIA FOR ALL



THE BIG AND  
THE SMALL

## DEAR PARENTS

Today we taught the class about dementia. This means that your child may talk about dementia or ask questions about dementia at home.

There are 400,000 people in Denmark who have a loved one who has dementia. Many of you will therefore have a great-grandparent or grandparent in the family, or a neighbour or someone you know, who has dementia. Perhaps your child has become aware of this.

### A taboo in society

Many people who have dementia experience their illness as something that is treated as a taboo in society. At the same time, same large sections of the population do not really know what dementia is. This means that people who have dementia can feel lonely and misunderstood.

The material used for the teaching lesson is freely available at [www.demens-imens.dk](http://www.demens-imens.dk). You can also find references to books and films about dementia for children and young people on the website. It can help you if you need to talk to your child about dementia.

### Parents with dementia

There are around 1500 people in Denmark with dementia who are under 65 years of age. This means that there are parents in Denmark who also have dementia. Having a parent with dementia can be very difficult for young people. It is also very difficult for the ill person's spouse or partner. There are many feelings involved. The person with dementia must be cared for and their spouse or partner must also take care of themselves, deal with their own reactions and take care of their children.

It is therefore important that you know you can seek help from the municipality's dementia coordinator or the Alzheimer's Association. Unfortunately, not every municipality in Denmark offers services relating to dementia for young people. But the Alzheimer's Association knows a lot about the services that are available around the country. They are always ready to help you find the correct professional you can speak with.

