

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. Some of you will therefore have a parent, 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.

Taboo in society

Many people who have dementia experience their illness as something that is treated as a taboo in society. Likewise, 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. 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.

Talk openly about dementia

Children in particular who have a loved one who has dementia, need to be able to talk to adults about it. Often their thoughts and notions relating to dementia are much worse than the truth about what is happening or why the person who has dementia behaves the way they do. Children can feel that the problem is somehow their fault or that the person who has dementia does not like them anymore. This can happen for example, if they witnessed an eruption of anger or if their great-grandparent suddenly no longer comes to their birthday parties.

Help is available

Do you have a loved one who has dementia? Do not hesitate to contact your municipality and ask to speak with the dementia coordinator. A dementia coordinator can answer your questions and find the services that can help your family. You can also contact the Alzheimer's Association. In addition to general knowledge about support for families with dementia, their focus is very much on helping children and young people who have a loved one who has dementia.

80%

of people who have dementia and their loved ones say that in their experience, society **knows very little about dementia**

