

I remember my
wedding day, but I
can't remember my
own birthday.

If you are worried
about dementia
contact your GP to find
out what help is available.

For support in your community speak to
your dementia champion:

I remember where I grew up, but I struggle to remember what I had for breakfast.

If you are worried about dementia contact your GP to find out what help is available.

For support in your community speak to your dementia champion:

I remember my first job, but I can't remember where I live.

If you are worried about dementia contact your GP to find out what help is available.

For support in your community speak to your dementia champion: