

LISTA TAL-IĊĊEKKJAR dwar thassib fuq il-memorja

	Rarament	Kultant	Spiss
Qed insibha bi tqila biex niftakar għajjiet li m'ilhomx li graw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Qed insibha bi tqila biex insib il-kelma korretta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Qed insibha bi tqila biex niftakar il-gurnata u d-data	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ninsa fejn is-soltu jinżammu l-affarijiet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ninsa fejn is-soltu jinżammu l-affarijiet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Għandi l-problemi biex nifhem l-artikli f' magazzin jew gazzetta jew biex insewgi storja fi ktieb jew fuq it-televixin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insibha bi tqila biex insewgi u nidhol f'konversazzjonijiet speċjalment fi gruppi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Għandi l-problemi biex nimmaniġġa affarijiet finanzjarji bħal nibbankja jew nikkalkula l-bqija	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Għandi diffikultà bl-attivitajiet ta' kuljum bħal biex ma nintilifx fix-shopping centre lokali jew biex insajjar xi ikel li dejjem sajjart sewwa.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Qed nitlef l-interess fl-attivitajiet li ssoltu niehu gost nagħmel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Għandi diffikultajiet biex nistudja sewwa l-problemi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Il-familja u/jew il-ħbieb ikkumentaw dwar il-memorja fqira li għandi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thassib ieħor:

Jekk immarkajt 'kultant' jew 'spiss' huwa rrikmandat li tara lit-tabib tiegħek.

Dwar id-Dementia Australia

Id-Dementia Australia hija l-ogħla entità li tirrappreżenta lin-nies, ta' kull età, li qed jgħixu b' kull forma ta' dimensja, lill-familji tagħhom u lil dawk li jduru bihom. Hija tirrikmanda l-għajnuna u toffri servizzi ta' sapport, edukazzjoni u informazzjoni.

Aktar tagħrif

Hemm aktar tagħrif disponibbli mid-Dementia Australia dwar id-dimensja u t-tnaqqis tar-riskju tad-dimensja.

National Dementia Helpline
1800 100 500



Għall-għajnuna bil-lingwa tiegħek
131 450

dementia.org.au



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Inkwetat/a dwar il- memorja tiegħek

Hawn għandek x'tista' tagħmel



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Inkwetat/a dwar il-memorja tiegħek?

Qed tħossok tinsa jew konfuż/a?

Li tara jekk hemmx xi problema huwa l-ewwel pass biex tikseb l-għajnuna

Qed titħasseb dwar nuqqas ta'memorja li dejjem jiżdied jew tibdil ieħor fil-ħsieb u l-imġiba tiegħek, ta' xi membru tal-familja jew ta'ħabib/a/?

Tibdil fil-memorja u l-ħsieb għandu numru possibbli ta'kawżi li jistgħu jinkludu stressjar, dipressjoni, uġiġħ, marda kronika, duwa jew alkoħol u kultant ikun sinjal ta'bidu tad-dimensja. Tibdil kbir fil-memorja mhuwa normali fl-ebda età u għandu jittieħed bis-serjetà. Jekk inti jew xi ħadd li taf qed iħoss dawn ix-xorta ta'diffikultajiet huwa aħjar li tara t-tabib tiegħek illum qabel għada.



Titkellem mat-tabib tiegħek

Mhemmx test wieħed speċifiku li jista'juri jekk xi ħadd ikollux id-dimensja. Id-dijanjosi ssir billi jittkellmu miegħek u forsi ma'qarib jew ħabib/a biex isiru magħrufin iktar id-diffikultajiet tal-memorja u l-ħsieb tiegħek. Tkun tinħtieġ ukoll eżami fiżiku u newroloġiku biex jaraw jekk hemmx kawżi oħra possibbli.

Matul il-viżta:

- Hu miegħek il-lista tat-tħassib tiegħek – din tipprovdi bażi utli għal iktar diskussjonijiet u eżamijiet
- Tkellem bl-onestà u bil-miftuħ mat-tabib tiegħek dwar it-tħassib tiegħek inkluz dwar kemm tkun ilek tħoss dawn il-problemi
- Ġib lista tal-mediċini li tkun qed tieħu flimkien mad-dożi (jew ġib il-pilloli kollha f'borża). Tinsix l-inhalers, il-kremi, id-duwa tal-ħxejjex (herbal) u l-vitami

Ftakar li tista':

- Titlob appuntament itwal
- Tieħu miegħek xi qarib, lil min idur bik jew xi ħabib/a
- Tagħmel mistoqsijiet u titlob iktar spjegazzjonijiet jekk ma tkunx fhimt
- Tieħu noti matul il-viżta
- Tiddiskuti l-għażla ta'assessjar ieħor minn speċjalista

“Id-dijanjosi ġabitlei ċertu serħan–l-agħar kien li ma tkunx taf”

Fred b'dijanjosi tal-marda tal-Alzheimer

Aktar ma taġixxi minn kmieni aktar aħjar

Is-sintomi li għandek jistgħu ma jkunux ikkawżati mid-dimensja, iżda jekk ikunu, dijanjosi mill-aktar kmieni tkun ta' għajjnuna.

Dijanjosi minn kmieni tfisser li inti jkollok aċċess għas-sapport, għall-informazzjoni u għad-duwa. Huwa importanti għan-nies b'dijanjosi tad-dimensja li jippjanaw bil-quddiem u jikkunsidraw fatturi bħal dawk ta' stil ta' ħajja, il-kura, s-saħħa u l-finanzi għall-futur.

“Aħna kuntenti li kellna dik id-dijanjosi minn kmieni għax ingħatajna ċ-ċans li nbiddlu l-attivitajiet tal-istil ta' ħajjitna biex ikunu jaqblu mal-kapaċitajiet tiegħi u biex nagħmlu pjanijiet definiti għall-futur.”

Maria b'dijanjosi ta'dimensja vaskulari

X'inhid-dimensja

Id-dimensja hija kelma ġenerali li tiddeskrivi l-problemi tat-tibdil progressiv fil-memorja u fil-ħsieb. Il-marda ta'Alzheimer hija l-iktar tip komuni tad-dimensja. Id-dimensja tista'tolqot lil kuħadd, iżda tkun iktar komuni l fuq mill-età ta'65 u speċjalment l fuq mill-età ta'85. Sinjali minn kmieni jistgħu ma jkunux ċari – tabib jew speċjalista biss jistgħu jagħmlu dijanjosi xierqa tad-dimensja.

Memory concerns CHECKLIST

	Rarely	Sometimes	Often
I have trouble remembering events that happened recently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble finding the right word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble remembering the day and date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I forget where things are usually kept	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty adjusting to any changes in my day-to-day routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have problems understanding magazine or newspaper articles or following a story in a book or on television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it hard to follow and join in conversations, particularly in groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have problems handling financial matters, such as banking or calculating change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty with everyday activities such as finding my way in the local shopping centre, or how to cook a meal I have always cooked well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am losing interest in activities I'd normally enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulties thinking through problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family and/or friends have commented about my poor memory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other concerns:			

If you have ticked 'sometimes' or 'often' it is recommended that you see your doctor.

About Dementia Australia

Dementia Australia is the national peak body for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information.

More information

Further information about dementia and dementia risk reduction is available from Dementia Australia.

National Dementia Helpline
1800 100 500



For language assistance
131 450

dementia.org.au



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Worried about your memory?

Here's what you can do...



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Worried about your memory?

Feeling forgetful or confused?

Finding out if there is a problem is the first step to getting help

Have you become concerned about increasing lapses in memory, or other changes in thinking or behaviour for yourself, a family member or friend?

Changes in memory and thinking have a number of possible causes that may include stress, depression, pain, chronic illness, medication or alcohol and sometimes it is a sign of early dementia. Major changes in memory are not normal at any age and should be taken seriously. If you or someone you know is experiencing these kinds of difficulties it is better to see your doctor sooner rather than later.



Talking to your doctor

There is no single specific test that can show whether someone has dementia. A diagnosis is made by talking to you and perhaps a relative or friend to find out more about your difficulties with memory and thinking. You will also need a physical and neurological examination which will look at all other possible causes.

During the visit:

- Take your list of concerns with you – it will provide a useful basis for further discussion and tests
- Talk to your doctor about your concerns honestly and openly, including how long you have been experiencing these problems
- Bring a list of the medications that you are taking including the doses (or bring all your tablets in a bag). Don't forget inhalers, creams, herbal medications and vitamins.

Remember you can:

- Ask for a longer appointment
- Take a relative, carer or friend with you
- Ask questions and request further explanations if you don't understand
- Take notes during the visit
- Discuss the option of further assessment by a specialist

“It was a relief to get the diagnosis – the worst was not knowing.”

Fred diagnosed with Alzheimer's disease

The earlier you act the better

The symptoms you have may not be caused by dementia, but if they are, an earlier diagnosis will be helpful.

An early diagnosis means that you can have access to support, information and medication. It is important for people with a diagnosis of dementia to plan ahead and consider factors such as future lifestyle, care, health and finances.

“We are glad we had that early diagnosis as we have been given the chance to change our lifestyle activities to match my capabilities and to make definite plans for the future.”

Maria diagnosed with vascular dementia

What is dementia?

Dementia is a general term to describe problems with progressive changes in memory and thinking. Alzheimer's disease is the most common type of dementia. Dementia can happen to anybody, but it becomes more common over the age of 65, and especially over the age of 85. Early signs may not be obvious – only a doctor or specialist can properly diagnose dementia.