



Why should we learn about dementia?

'Dementia' - it's a word that's becoming more and more familiar to today's youth. With one in three young individuals knowing someone living with this condition, it's clear that dementia is becoming a widespread reality. Here at Reminiscence Learning, we are dedicated to supporting a generation that is not just aware of dementia, but understanding and compassionate towards it.

We firmly believe that KNOWLEDGE is POWER. By teaching young people about dementia, we aim to alleviate the misunderstandings and stigmas that may be attached to it. This understanding can help combat the feelings of loneliness and isolation that may often be experienced by those living with the condition.

But our mission doesn't stop there. We're not just about understanding dementia - we're about promoting overall wellbeing. We educate about the significance of maintaining a healthy lifestyle, including a balanced diet and regular exercise, in order to reduce their own risk of developing dementia in the future.

Our goal is to encourage a sense of responsibility and community among young people. By understanding dementia and its impact on an ageing population, they can become more aware of the significance of care roles and ethical issues. In doing so, we hope to inspire them to become active, caring members of their communities.

What is dementia?

Dementia is an umbrella term for a several diseases affecting memory, other cognitive abilities and behaviour that interfere significantly with a person's ability to maintain their activities of daily living.



Currently, there are approximately 950,000 people in the UK with Dementia and over 55 million worldwide.