

**1. Alzheimer’s disease and dementia are the same thing.**

**Fiction:** Alzheimer’s disease is the most common cause of dementia, but the term “dementia” doesn’t refer to a disease. It refers to a group of symptoms that are caused by disorders affecting the brain.

**2. Dementia can affect only people over the age of 65.**

**Fiction:** Although dementia is more common among older people, it can occur as a result of brain damage due to a head injury, stroke, alcohol abuse, or brain infection, among other causes. These factors are not necessarily related to aging.

**3. Dementia is not a normal part of getting older.**

**Fact:** Almost 40% of people over 65 experience some degree of memory loss. But occasional forgetfulness and dementia are very different things. Dementia is a medical condition, not a natural part of aging. Many people live well into their 80’s and 90’s with little or no change to their memory.

**4. When a person with dementia mentions something from the past and thinks it is the present, you should correct them so they know the right facts.**

**Fiction:** Much of the time it isn’t necessary and can actually make things worse. Constantly being corrected can cause a person to become depressed or further confused. If a person mistakenly describes doing something yesterday that actually happened years ago, focus on asking about what they did, how they enjoyed it, etc., rather than on trying to explain that they’re mistaken.

**5. Dementia cannot be cured.**

**Fact:** Dementia currently has no cure. However, there are methods for helping people cope. These focus on managing the person’s symptoms and improving their quality of life.