Definition of Key Terms

- **Dementia** is a term used to describe a collection of symptoms, including memory loss, problems with reasoning and communication, and a reduction in a person’s ability to carry out normal daily activities. The most common types of Dementia are Alzheimer's disease, Vascular Dementia, Mixed Dementia and Dementia with Lewy Bodies. Dementia is a progressive condition, which means that the symptoms will gradually get worse.

- **A Carer** is someone of any age who provides or intends to provide, unpaid personal care, assistance or support to another family member or friend. They carry out substantial caring tasks and assume a high level of responsibility for someone else’s safety and wellbeing.