

# Dementia Dekh Bhal Scotland



# Living with Dementia in Black Asian Minority Ethnic communities



Dementia is an umbrella term for many conditions, with more recognised ones including Alzheimer's Disease and Vascular Dementia.

There is a lack of awareness of dementia in BAME communities. This means people may not always be aware of the help and support available. They may also mistrust statutory services and hesitate to ask for help.

BAME communities sometimes think it might be witchcraft, mental ill-health or possession by spirits like jinns, rather than a physical change in the brain that is causing the symptoms.

Stigma associated with dementia can mean that some people hide their relative living with dementia. They are often scared of how others will judge them.

Not recognising dementia can mean spending years struggling with the symptoms rather than speaking to a GP and asking for help or an assessment for dementia.

Getting information and help as soon as possible can mean living many years being able to manage dementia, rather than struggling to cope with it.

*For more information, please visit [www.tide.uk.net](http://www.tide.uk.net)*

