

Taking Medication



Only some people take medication for dementia.

It will depend on the type of dementia you have.



The doctor or nurse at the Memory Assessment Service will explain the best one to take.



There are 4 types of medication used in the UK:

- Donepezil
- Rivastigmine
- Galantamine
- Memantine



Understand

It is important to understand:

- Medication will not stop dementia.
- Medication can only help to reduce some symptoms of dementia.
- Medication can help you continue doing the things you like.



You must carry on doing things you love.



Keep active by walking, swimming, playing football or doing another sport.



Keep meeting other people.



If you have questions about your medication, you can contact your doctor's surgery.



You can ring the Memory Navigation Service to discuss any concerns on 300 111 9090.

Taking Medication at the Right Time



It is important to take your medication at the right time.



If you struggle to remember, the Chemist can help.



The Chemist can put all your medication into packs.

The packs will have the day and time written on.



You can buy a box that reminds you to take your tablets.



You can ring the **Telecare Team** at your local council for equipment.



In Bedford

ring 01234 718 128.



In Central Bedfordshire

ring 0300 123 5544.