

Did you know?
1 in 3 people in the UK
living with dementia do
not have a diagnosis.

Noticing a Change: It May Be Dementia

A guide for families concerned about memory and behaviour changes related to dementia.

You've seen something different in someone you care about. Perhaps they're forgetting simple things more often. Struggling with tasks they've done all their life. Repeating themselves. Or just not quite themselves lately.

These early signs can feel small at first. But your instinct to pause and pay attention is an important one.

This guide is designed to help you understand what to look for in dementia, what these changes might mean, and what you can do next.

Take the first step in supporting someone you love who may be affected by dementia. You don't need all the answers today. You just need a place to start.

Let's act together →



What to Look For:

Here are some of the common early signs of dementia. You may notice one or more of the following:

- Forgetting recent conversations, events or appointments
- Struggling to follow a story, TV show or instructions
- Getting confused in places they know well
- Losing track of dates or time of day
- Difficulty finding the right words
- Repeating questions or phrases in a short space of time
- Withdrawing from hobbies or social activities
- Misplacing items and not being able to retrace steps
- A change in mood, increased irritability or anxiety
- Trouble managing bills or household tasks

These changes are often subtle at first. They might come and go. What matters is the pattern over time.

Did you know?
91% of people affected
by dementia say there
are benefits to getting
a diagnosis.



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Why Families Often Notice First

As someone close to them, you're more likely to notice these changes before anyone else. You see the little things. You know what's usual, and what isn't.

You might not feel ready to raise the topic. That's okay. But it's still worth starting to explore support, for both of you.

How Bluebird Care Can Help

We support families facing these exact concerns every day. Our dementia care at home is designed to:

- Provide gentle, respectful support in familiar surroundings
- Reduce stress and confusion with consistent routines
- Help with meals, medication and personal care
- Offer companionship, reassurance and meaningful interaction
- Support family carers with regular updates and respite

You don't need to make big decisions all at once. Our team can talk you through what's possible and help you take one clear step forward.



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Did you know?
A diagnosis can give you
access to support systems
and help you access
benefits and protection.

Talk to Someone Who Understands

If you're starting to wonder whether your loved one needs more support due to dementia, now is the time to talk to someone who can help. You don't need a diagnosis to reach out. You just need the right support, at the right time. Speak to our care team today to learn more about dementia care at home and how we can support you.

Get in touch:



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