

DEMENTIA INTERVENTION



What it is

Dementia is described as a **collection of symptoms** affecting thinking, memory, language, and behaviour. A person with Dementia may have difficulty completing **everyday tasks** like reading, writing, expressing emotions, finding words when talking and participating in conversations.
Up to **70%** of people with dementia will also experience trouble with **swallowing**.

What the research says

People with mild to moderate dementia can improve recall of facts and procedures through the cognitive rehabilitation strategy known as Spaced Retrieval Training (SRT). This supports the person with dementia to be more independent with everyday communication, such as how to answer the phone, or how to order a coffee.

What we do

Wollongong Speech pathology will tailor your service to meet your **individual needs** across the **different stages of Dementia**. The speech pathologist will work with you, to maintain your independence and achieve your personalised goals. The number and frequency of sessions will vary, depending on your goals.
The speech pathologist might assess your swallowing skills and offer advice that will increase swallowing safety and mealtime enjoyment.

Contact us if you want to know more

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