

I sometimes get my words mixed up  
but I'm **STILL ME**



**#STILLME**

Knowing the difference between natural ageing and dementia can be tricky. If you're experiencing the signs of dementia and they're disrupting your daily life, you should see your GP.

For more information on the difference between natural ageing and dementia, go to [nidirect.gov.uk/dementia](http://nidirect.gov.uk/dementia)