

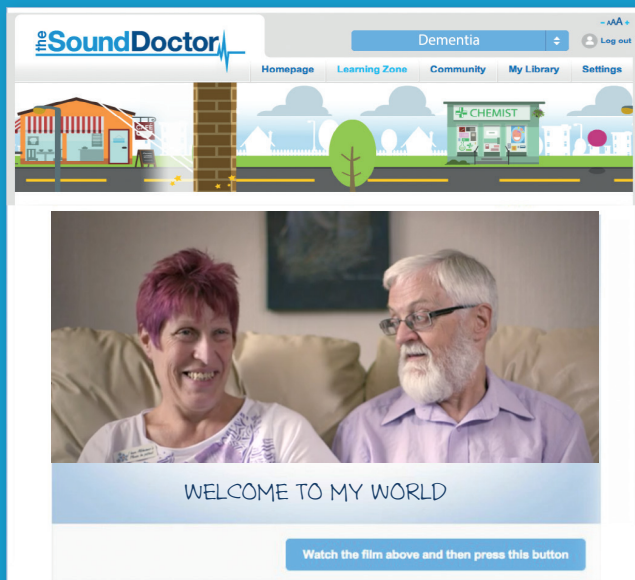
## What is it?

The Sound Doctor is a website full of films developed to help you, your relatives and your carers understand your condition better so you can all take control and get the most out of life.

Whether you have it yourself or someone you love and care for has been diagnosed with dementia, these films will help you understand what is going on in the brain, explain some of the common symptoms of dementia and give practical advice on how to cope and make sure you get the most out of life.

Our aim is to help you live well and independently for as long as possible. We've interviewed people who have dementia, people who care for them - usually the husband or wife - and a wide range of experts who give the information you need to take control of dementia.

We'll guide you on your journey from diagnosis to the later stages of dementia and explain how you can make life easier.



# How it works

The Sound Doctor gives you access to expert advice at home, in your own time. It's there whenever and wherever you want!

The films are all short and easy to understand and they're grouped under various headings to make the site easy to navigate. You can watch the films in any order, at your own pace and in your own time.

**Real stories from people with dementia and their carers – remember you are not alone!**

**Get your advice whenever you need it - 24/7**



“The Sound Doctor Dementia series provides a new way of providing information to families living with dementia through the familiar and entertaining medium of TV/film. A wide range of topics is covered from the viewpoints of people with the illness, the families involved in their care and dementia experts. The films are practical, engaging and easy to follow with the aim of improving people’s knowledge and hopefully their quality of life”

*Louise Robinson, Professor of Primary Care and Ageing  
and National GP Champion for Dementia*

# Dementia: some of the films in our library

## What is dementia?

Different types of dementia  
Can I reduce my risk of getting dementia?  
Early symptoms of dementia  
Other symptoms of dementia  
Memory loss  
Diagnosing dementia  
The benefits of diagnosis  
Discovering you have dementia  
Understanding dementia  
The progression of dementia  
Now you've been diagnosed  
Taking the first step

## Where can I turn for help?

Language and communication problems  
Coping with memory loss  
Living well with dementia  
Medicines that may help  
Keeping social  
Keeping active  
Becoming a carer  
Looking after yourself as a carer  
Don't hide away

# How to get started:

1. Email us at [info@thesounddoctor.org](mailto:info@thesounddoctor.org) with the name of your GP and the Practice and the condition you would like to access – in this case Dementia.
2. We'll get back to you with a link to click on.
3. That will take you to [www.thesounddoctor.org](http://www.thesounddoctor.org) Login page.
4. Fill in username and make up a password.
5. You're away!

If you don't have a computer, tablet, smartphone try asking family members if they can help, or you can go to your local library and use a computer there.

We hope that after watching these films you'll feel much more confident and better equipped to deal with dementia and get the most out of life.

We wish you the very best on your journey and do remember there's a lot you can do to take control of the illness and slow the progression.

**Good Luck. Let's take control!**

For any more information please contact us at: [info@thesounddoctor.org](mailto:info@thesounddoctor.org)