

*You are
not
alone*





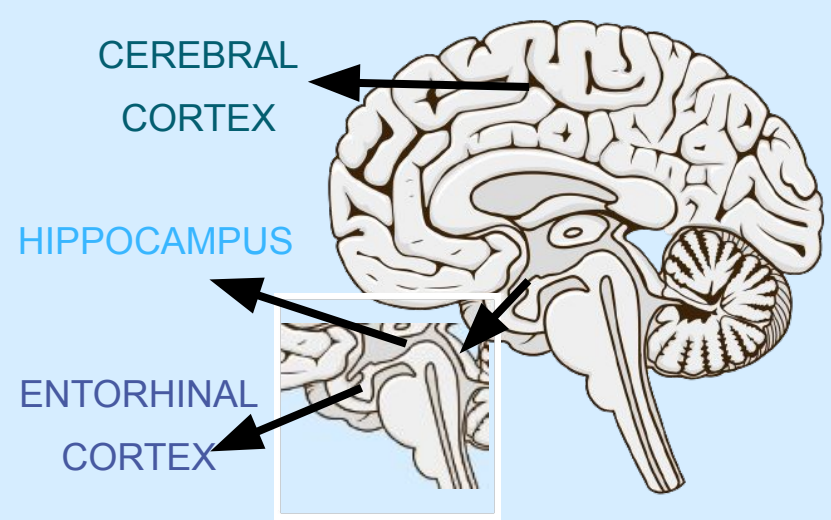
Headstrong 2023-24

Week 2



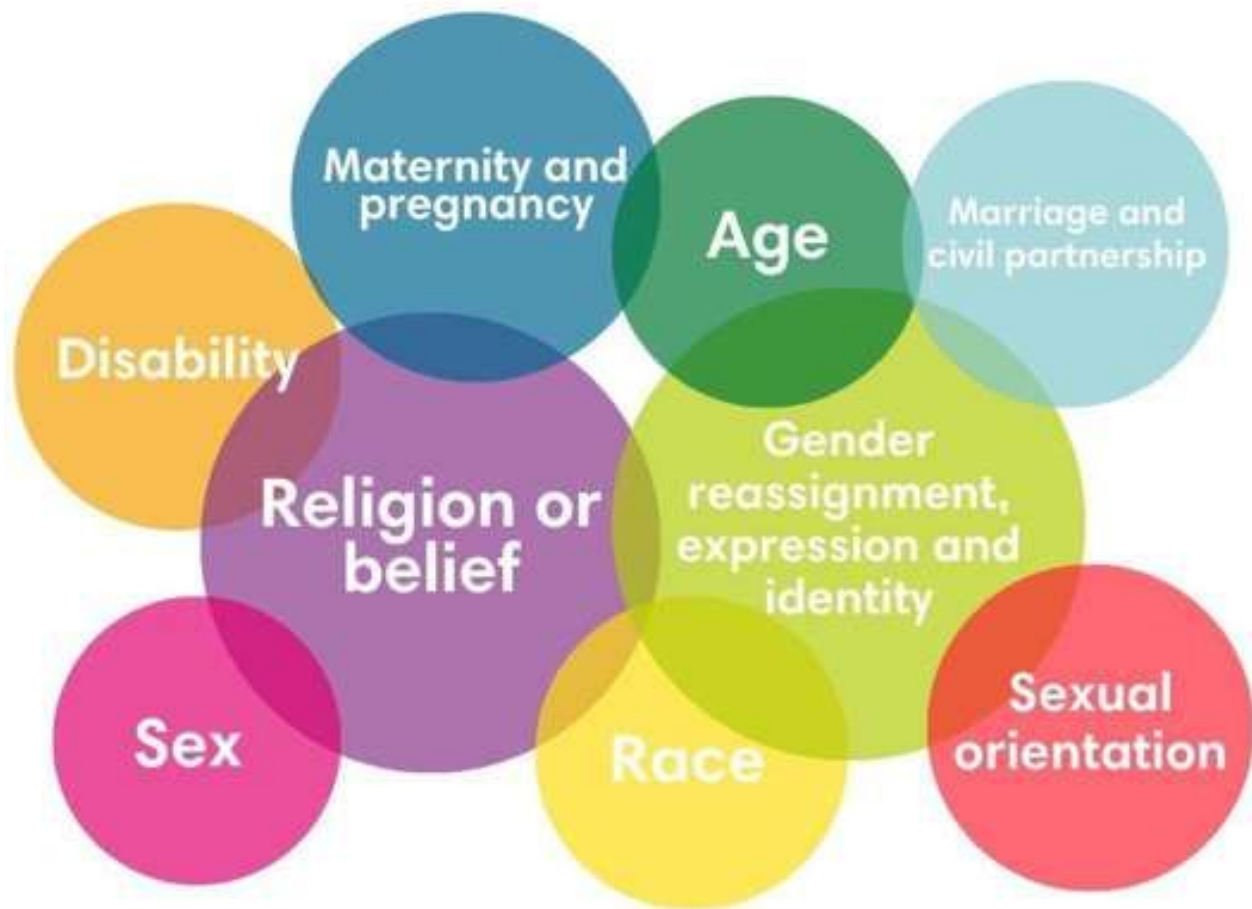
WHAT IS ALZHEIMER'S DISEASE?

- 🧠 Alzheimer's is a progressive disease and form of dementia. The condition accounts for around 60–80% of dementia cases and affects memory and other cognitive abilities, with enough severity to interfere with daily life.
- 🧠 Even though it is most commonly experienced by over 65s, it is not a normal part of aging – however, age is the highest risk factor of the disease.
- 🧠 Younger-onset is a term for Alzheimer's affecting under-65s. People experiencing younger-onset can be in any stage of progression.
- 🧠 Symptoms during early stages include mild memory loss, but as it progresses, memory loss worsens, people experience physical difficulties with walking, swallowing, eating and increased risk of falls, inability to talk, loss of facial expression, spatial + visual problems and behavioural problems.



Initially, Alzheimer's destroys neurons and their connections used for memory, such as the **entorhinal cortex** and **hippocampus**. Later down the line, it affects the **cerebral cortex** which is responsible for reasoning, communication and social behaviour.







You are
not
alone



Form Activities:

Option A: If you feel comfortable doing so, discuss these questions with your form:

1. Why is it important to be aware of Alzheimer's Disease?
2. How can you be a good friend and support somebody whose loved one is going through this?
3. How could you support your own friends or family living with this disease?

Form Activities:

Option B: Explore the Alzheimer's Society Website and see how you can raise awareness this September:

<https://www.alzheimers.org.uk/memory-walk/find-a-walk/cambridge>

Could you get volunteer or fundraise at the memory walk happening this weekend at Cambridge?

Could you or your family share a social media post on 21 September with [#WorldAlzheimersDay?](#)