

Hello, can you give me a little help?

I have dementia and often I'll get confused by everyday things. If you see people like me getting a bit muddled or frustrated, do ask if you can help. Please speak slowly and clearly and most of all be calm, kind and patient. To become a Dementia Friend and find little ways you can help people like me, please go to [dementiafriends.org.uk](https://dementiafriends.org.uk)