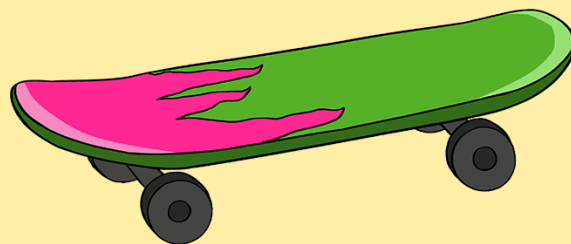
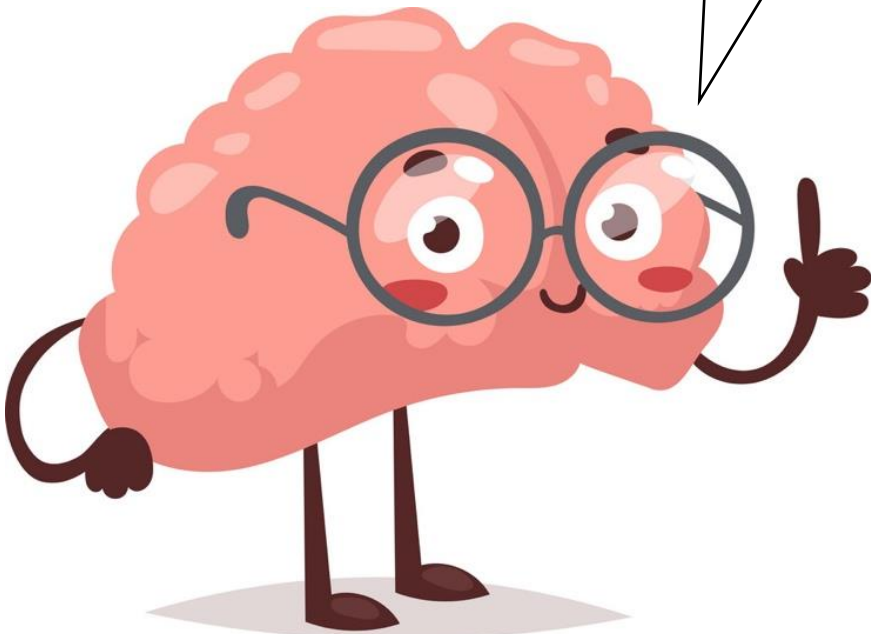


**SUNSHINER'S DEMENTIA STORY**  
**Ages 8-12**

**Uncle Joe and the Skateboard**



**Hello! My name is Bob the brain.  
Follow me to learn more about  
dementia...**



I'm Holly and this is my Uncle Joe.

Uncle Joe used to skate in competitions. He's got loads of trophies, but he says he's a bit wobbly now.

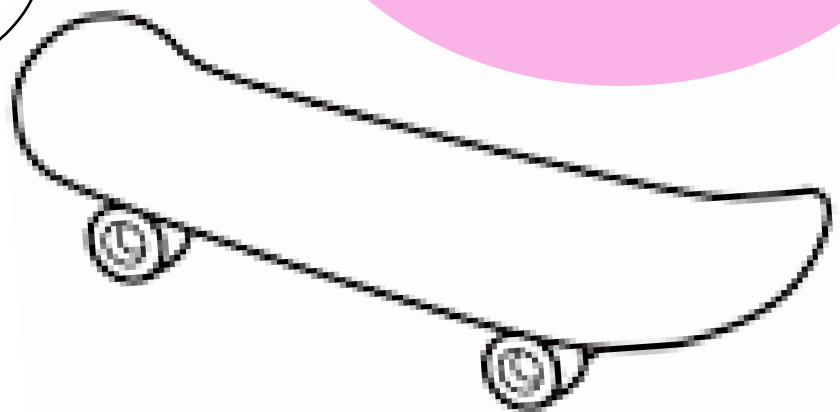
Mum and I meet Uncle Joe on weekends at the skate park. Mum says we have to text Uncle Joe before we go to check that he remembers. Once, when we didn't text, he forgot to come and that made him feel bad.

His dementia makes the floor look different. Sometimes stairs can look like a slide to him. Imagine that!

When I ask Uncle Joe what it's like to have dementia, he says, 'I'm the same but different.'

He's still the coolest skater in the world to me, and he can still help me fix any problems with my board. He's even fixed lights to it that flash when I get some speed up!

**Design a cool skateboard for uncle Joe!**





**So... what is dementia?**

Sometimes our brains can get ill. When this happens, the brain struggles to do the jobs it normally does. Everyday tasks might be more difficult and people might do or say things that seem strange to us. But they are the same person.

**Can I catch Dementia?**

No, dementia cannot be spread so you do not need to worry about “catching” dementia from someone.



**What can I do to help?**

It is okay if you don't know what to do or say because just being there can help. You could try asking questions about photographs, films, music, or memories from the past. Things like hugging, holding hands or sitting together can make people feel special and loved. Or some people enjoy planning an activity to do together!

**Here are some words  
you might hear when  
someone is diagnosed  
with dementia...**

**Can you find them  
hidden in the word  
search?**

DEMENTIA  
DOCTORS  
ALZHEIMERS  
MEMORYLOSS  
FORGETFUL  
CONSULTANTS  
COGNITIVE  
MEMORYTESTS  
SCANS  
SLOWER



D	A	F	S	E	T	C	B	D	M
E	D	O	B	X	A	W	R	X	E
M	G	R	H	I	L	Z	H	U	M
E	L	G	V	T	Z	B	V	S	O
N	O	E	J	S	H	O	C	W	R
T	P	T	W	U	E	A	W	T	Y
I	M	F	K	V	I	X	K	V	T
A	X	U	I	R	M	J	Y	P	E
L	S	L	O	W	E	R	O	X	S
P	J	T	H	L	R	F	S	U	T
N	U	M	W	E	S	C	A	N	S
U	D	S	K	E	D	B	P	E	C
C	O	N	S	U	L	T	A	N	T
S	C	T	B	D	S	Z	Q	M	A
Q	T	L	E	N	O	B	Y	P	M
C	O	G	N	I	T	I	V	E	L
B	R	E	H	D	X	A	K	C	J
D	S	U	P	J	Q	O	R	U	T
F	T	H	Z	R	S	I	E	Z	P
M	E	M	O	R	Y	L	O	S	S

DEMENTIA      CONSULTANT  
 DOCTORS      COGNITIVE  
 ALZHEIMERS      MEMORYTESTS  
 MEMORYLOSS      SCANS  
 FORGETFUL      SLOWER

**Here are the answers to the wordsearch!**



D	A	F	S	E	T	C	B	D	M
E	D	O	B	X	A	W	R	X	E
M	G	R	H	I	L	Z	H	U	M
E	L	G	V	T	Z	B	V	S	O
N	O	E	J	S	H	O	C	W	R
T	P	T	W	U	E	A	W	T	Y
I	M	F	K	V	I	X	K	V	T
A	X	U	I	R	M	J	Y	P	E
L	S	L	O	W	E	R	O	X	S
P	J	T	H	L	R	F	S	U	T
N	U	M	W	E	S	C	A	N	S
U	D	S	K	E	D	B	P	E	C
C	O	N	S	U	L	T	A	N	T
S	C	T	B	D	S	Z	Q	M	A
Q	T	L	E	N	O	B	Y	P	M
C	O	G	N	I	T	I	V	E	L
B	R	E	H	D	X	A	K	C	J
D	S	U	P	J	Q	O	R	U	T
F	T	H	Z	R	S	I	E	Z	P
M	E	M	O	R	Y	L	O	S	S