



## DEMENTIA

### What Is Dementia?

Dementia is a term used to describe a group of conditions that affect the brain, leading to problems with memory, thinking, and daily activities. People living with dementia may also experience changes in movement, balance, and coordination. These physical challenges can increase the risk of falls, reduce independence, and make everyday tasks more difficult. While dementia is seen as a progressive condition, the right support can make a meaningful difference in maintaining mobility, safety, and quality of life.



### Services

- 1:1 Consultation with a physiotherapist.
- Clinical rehab strength and balance classes

### How can we help?

We focus on improving and maintaining mobility, strength, and balance through individually tailored exercise programs with special consideration to other limitations that may co-exist like memory or cognitive challenges. We also work closely with families and carers, providing education and practical strategies to support safe movement and reduce the risk of falls.