

Welcome

I have dementia.

Who knew?

Welcome

- My name is John Thorpe
- I have had MANY jobs over the years but spent most of my adult life teaching
- I have often taught students how to research and for most humanities/social subjects have suggested the following very broad outline:

- What
- When
- Where
- Who
- How

What

I had never even considered that I had Dementia.

It really wasn't a single event but a slow, insidious, creeping change which changed my life completely.

Headaches, fatigue, memory issues, Diagnosed with depression.

When

Turning point was in 2018 (age 65) when I had my second heart bypass and Aortic valve replacement.

During the operation I had more than 7 minutes downtime (“dead”).

Afterwards I had MRIs which confirmed that 1/3 of my brain was physically gone. Evidence of more than “300 strokes”.

This led to a diagnosis of Vascular and Frontal Temporal Dementia (most of the missing part is frontal-temporal) in 2019.

Where

All sorts of head and heart issues for years.

Who

GPs, Psychologists, Psychiatrists, Cardiologists. All tried to find answers to my problems and all worked from their perspective. I must commend all the people I saw but...

Problems I had...

GP – I don't know ...let's check the specialists

Psychiatrist – depression

Cardiologist – heart

Psychologist – unresolved problems from youth

How

The final “revelation’ for me was the MRI results which showed the damage to my brain.

After several incidents where I literally could not get out of bed I saw a neurologist and this led to support in determining that I had dementia.

Issues after diagnosis

- I had an answer – no problem (in fact “Yay!”)
- Knowing who to talk to – Dementia Australia and SA were brilliant
- What specialist(s) should I see?
- My Aged Care (again ...who knew?)
- Finding someone who has dementia to compare notes

Questions





Thank you!



**Dementia
Australia™**

National Dementia Helpline
1800 100 500



For language assistance
call **131 450**

Find us online
dementia.org.au

