

WHAT TO DO IF YOU ARE CONCERNED

Are you concerned that you, a relative, a friend, or someone you know are showing symptoms of dementia?

Contact us for a confidential talk, more information and advice.

If we suspect dementia we will arrange visits to collect more information. We will screen you for dementia and then refer you on for further tests

You can call us or visit us at our office.

**5 Langa Place
Lamontville,
Durban**

(formerly 582)

WHAT BMF DOES IN THE COMMUNITY

We:

- identify and screen people for dementia and mental illness
- support families and carers in managing changes and challenges as illness progresses
- raise public awareness on dementia and mental illness to reduce the stigma
- advocate for patients, carers and family members
- Facilitate support groups for carers of people with dementia



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www.bmf.community

**We are opposite Muthande
Society for the Aged in
Lamontville**

**BESSIE MAKATINI
FOUNDATION
(BMF)**

NPO No 138-129NPO

**Working with people
with dementia and
mental illness in the
community**

**All our
services
are free**

WHAT IS DEMENTIA?

Dementia is caused by different diseases of the brain. Here are a few of the common symptoms.

- Memory loss and forgetfulness
- Language and speech problems
- Personality changes, mood swings and loss of balance
- Hallucinations and delusions
- The symptoms get worse with time.

If someone shows some of these symptoms, it does not necessarily mean that they have dementia.

It is important to have them screened and then referred on for more tests.

At BMF we will thoroughly screen anyone suspecting dementia and refer them to clinics or specialist hospitals for further testing and diagnosis.

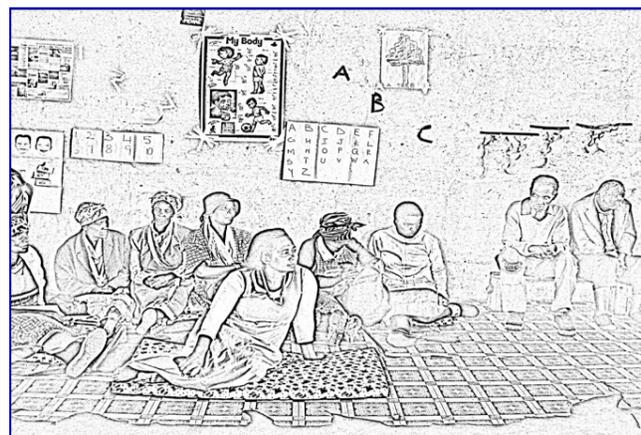
OUR SUPPORT GROUPS

Caring for someone with dementia is challenging. Do you sometimes feel that you are alone, with no one to talk to? Then come and join BMF support groups.

We provide an opportunity for family members who care for people with dementia to share with others their:

- feelings and emotions
- problems
- ideas
- information

Please call or visit us



DEMENTIA AWARENESS

We work with individuals, community groups and societies, forums and organizations (e.g. churches, Sukhuma Sake, stockfel, police etc), to raise dementia awareness in the community.

For more information, please call us or visit us at our offices and we will be happy to discuss and arrange workshops, talks or presentations

DEMENTIA KNOWS NO BOUNDARIES

Dementia can affect anyone but mainly the elderly though younger people can be affected too.

It affects people of all races, gender, religions and beliefs.

Let us work together to combat dementia in our community and reduce the stigma associated with it.