

Dementia & 2SLGBTQIA+ Communities



Research Shows:

In 2020, there were an estimated 15,300 Nova Scotians living with some form of dementia. As our population ages, we can expect the number of individuals living with dementia to increase by 87% by the year 2050.¹

2SLGBTQIA+ Adults:

- May experience higher risk of dementia due to lifelong exposure to stigma, discrimination, and social isolation.²
- Have been found to have higher rates of cognitive impairment when compared to heterosexual or cisgender people.³

Risk Factors for Dementia:

Given favourable socioeconomic conditions, some risk factors are modifiable:

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| • Smoking | • Mental health challenges |
| • High Alcohol Intake | • Social isolation |
| • Obesity | • Physical inactivity |
| • Hearing loss | • Diabetes |

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Possible Signs of Dementia:

1. Memory loss affecting daily life
2. Confusion about time or place
3. Difficulty with familiar tasks or language
4. Changes in mood, behaviour, or personality
5. Errors in judgement
6. Challenges in planning or solving problems
7. Withdrawal from social activities or chosen family

Diagnosing Dementia:

- A doctor or specialist can make a diagnosis and it may take time
- Early diagnoses allow for time to make informed plans, access support services, and maintain quality of life while living with dementia.

We're here to help. We can:

- Provide education about the disease and strategies for living well
- Offer support through the Dementia Helpline and other programming
- Locate and connect you with safe and affirming services in the community

Connect with community and live with dignity, pride and joy at every stage of your dementia journey!

¹ *Navigating the Path Forward for Dementia in Canada: The Landmark Study Report #1* (2022) ² NIA & Egale Canada, 2022; Fredriksen-Goldsen et al., 2015) ³ Flatt et al., 2018

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For more information, contact us today at
1-800-611-6345 or visit www.alzheimer.ca/ns