

# Speech and language therapy information for adults in Durham and Darlington - easy read

Information about Dementia, depression, PTSD and trauma. Provided by the learning disability service for adults in Durham and Darlington.

This leaflet can be read with support to help you understand this information.



## Trauma and PTSD



### What does PTSD mean?

PTSD is short for 'post-traumatic stress disorder'.

**PTSD** means that **something happened to you**. It was **scary** and **felt bad**.



The feelings and memories of the scary thing might feel really big. They **haven't gone away** or gotten smaller.

This is called PTSD.



## What is a 'trauma'?

Trauma is a bad or scary thing that has happened to someone.



A **trauma** might be something:

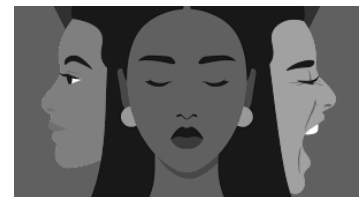
- Really stressful
- Frightening
- That makes you scared
- Makes you feel unsafe

## Trauma is Personal.

Only you know how you feel.

Trauma is **different for everybody**.

- Only you know what it feels like on the inside.



Trauma or PTSD can make people feel:

- scared
- worried
- not safe
- like they are by themselves
- like they can't do anything about it



People who have PTSD might:

- Feel far away or 'zoned out'
- Hear nasty voices in their head
- Feel very upset
- Find day to day life really hard
- Have nightmares
- Feel angry or scared
- Feel really low or depressed



Trauma can affect you for a **long time after the bad thing happened**. This is normal, but can be really hard.

Things that can help PTSD:

- Taking medication that the Doctor prescribes you
- Trying to do little things that you normally like
- Going out of the house
- Doing little jobs
- Going for walks
- Spending time with people you like
- Being kind to yourself
- Talking about what happened if you want to.



## Dementia



### What is a Dementia?

Dementia is an illness which affects the brain.

Dementia usually affects older people, but can affect young people too.

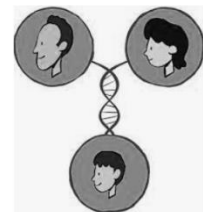


Dementia can:

- Make it difficult to remember things
  - Mean you get lost more
- Make you forget names and lose things
  - Make it difficult to make decisions
- Make you feel down, upset, angry or annoyed
  - Make you feel confused

Dementia is caused by changes in the brain. Anyone can get dementia.

Sometimes Dementia is passed on in families.



Dementia can be caused by some medications.

Dementia can be caused by using drugs or drinking heavily.



Sometimes the reason for getting dementia is not clear.



## How might Dementia affect me?

Dementia can affect:

- Remembering and thinking skills
  - Eating and drinking
  - Talking
- Walking and moving around
  - Sleep
- How you look after yourself and skills like dressing and cooking



You are likely to need some **extra help**.

Your friends or family might do things to help you or you might get paid carers to help.



The team will help you look after your health.

The team will help you with things you find difficult and get you the support you need.

You can still live a good life with dementia.

We run training and a group which might be helpful for you and the people who support you.



## Depression



### What is a depression?

Depression is when we feel down or sad for a long time.

#### You might:

- Feel down
  - Cry
- Feel jumpy
- Get annoyed easily
- Feel bad about yourself
  - Feel numb or empty
  - Feel alone
- Not enjoy things you usually like
  - Have no confidence



You might think about hurting yourself or actually hurt yourself.

#### You might:

- Seem quiet
- Have difficulty thinking. Your mind might feel a bit foggy
  - Not want to have sex
- Have difficulty sleeping or sleep too much



Find it difficult to do things you normally like.



## What causes depression?

Depression is different for everyone.

It can be a mix of things which make someone feel depressed.



- Things that happened when you were little
- Things going on in your life right now
  - Health problems
  - Drugs and alcohol
  - What you eat
  - Exercise
  - Sleep

Sometimes depression can run in the family.

Depression can happen at times when life is really stressful



- Losing a job
- Not having enough money
  - exams
- Break up with partner
- Lose someone important to you
  - Get bullied



## What can help?

It can help to:

- Talk to someone you trust
  - Try mindfulness
- Look after your body by exercising and eating healthy foods
  - Write down how you feel
    - Spend time outside
    - Do things you enjoy
- Only do what you feel comfortable with
  - Try not to put any pressure on yourself.



Seeing a nurse, psychologist, psychiatrist or counsellor can also help.



They can help you pick the right plan for you.

- self-help
- talking therapies
  - medication
- coming off medication
- alternative treatments
  - DBT
  - ECT.





Your named contact is \_\_\_\_\_



Hundens Lane Resource Centre  
241 Hundens Lane  
Darlington  
DL1 1DT



The telephone number is:



The mobile number is:



## If you are unhappy about our services...



Please tell a member of staff.



**Freephone** 0800 052 0219 or



**Email** [tewv.pals@nhs.net](mailto:tewv.pals@nhs.net).

## Feedback

We'd like to know if you thought this information was:



- good or bad
- if anything was missing you wanted to know



- if there was anything you didn't understand let a member of your care team know.

## Find this information

Staff: Trustwide shared drive > Patient and carer information > Durham and Darlington > LD