"I was upset and refused to talk about it. For a few months I lived inside my shell. Then I realized that despite some difficulties, there are still pleasures in my life. For example, I started playing the piano again."

Gérard, 67 years old.

Info-Zenter **Demenz**

Opening hours

Monday	10:00 am - 05:00 pm
Tuesday	10:00 am - 05:00 pm
Wednesday	10:00 am - 05:00 pm
Thursday	10:00 am - 06:00 pm
Friday	10:00 am - 05:00 pm
Saturday	on appointment

Appointments outside of these opening hours possible
+ Monthly information service in Esch/Alzette & Differdange

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info@demenz.lu
www.demenz.lu

Convention with

LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Famille, de l'Intégration
et à la Grande Région

CONFUSION EMOTIONS DEMENTIA

Difficulties in daily life?

The Info-Zenter Demenz is there to help you.

Info-Zenter **Demenz**

I am wondering...

How to prevent cognitive disorders?

At what point does one speak of dementia?

What to do after a diagnosis of dementia?

How can I live well in my daily life?

Where can I find support?

I am caring for a relative with dementia:

How do I communicate with a person with dementia?

What help and services are available in Luxembourg?

The Info-Zenter Demenz is there to help you.

The Info-Zenter Demenz is the national information service for all questions relating to dementia.

It is at the service of people with dementia, their relatives, health professionals and anyone else interested.

Consultations and all documentation are free of charge.

Library and toy library with many books, films, documentaries and games, available free of charge

spoken languages
lu | de | fr | en | pt

The Info-Zenter Demenz **provides you with information** and helps you to better understand this disease. Among other things, this will enable you to better interact with people suffering from dementia.

The Info-Zenter Demenz **guides** you to the services available in Luxembourg for people with dementia and/or their relatives. On our www.demenz.lu website, you can find **a list of more than 100 services**:

demenz.lu/liste-des-services

The Info-Zenter Demenz also aims **to raise awareness** in order to break the taboo and change the way people look at the disease and the people involved.