

AFTER A DEMENTIA DIAGNOSIS What now?

A simple first-steps guide for families



You do not need to work everything out today.

START HERE →

A few things to think about in the first days after diagnosis.



Your Care

You do not need a plan for the whole future

A diagnosis can bring relief, worry, sadness and lots of questions. For now, focus on what will make everyday life feel manageable.

Start with these four things:

- ☐ Keep familiar routines where possible
- ☐ Include Mum or Dad in conversations and decisions
- ☐ Write down questions as they come up
- ☐ Notice anything that is becoming harder at home



One useful question

“What would make things easier for you right now?”



Worth remembering

The diagnosis may be new, but the person you love has not suddenly changed.



Your first practical steps

Choose one or two things to focus on this week.

1.

Follow-up appointments

Know who your main healthcare contact is and when you should expect to hear from them again.



2.

Everyday life

Think about meals, medication, getting out, personal care and managing the home.



3.

Important conversations

There may be legal and financial things worth discussing while your loved one can be fully involved.



4.

Support

You do not have to wait until things become difficult before asking for help.



Do not try to do everything at once.

Choose the one thing that feels most useful this week.

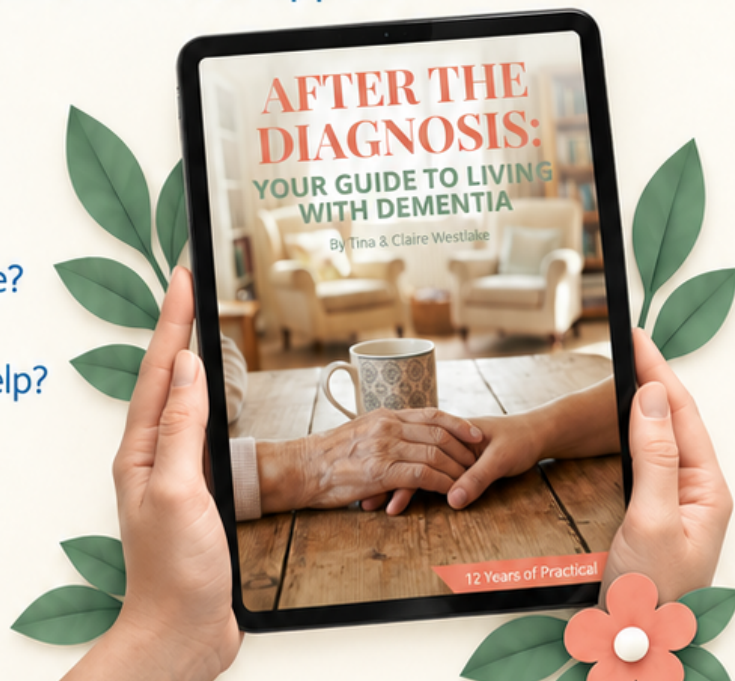


Your Care

This is only the beginning.

This guide helps you take the first few steps.
But as the weeks go on, new questions often appear.

- ? What should we expect this year?
- ? How do we talk about the diagnosis?
- ? What changes should we make at home?
- ? When might Mum or Dad need more help?
- ? What legal and financial things should we think about?
- ? How do I look after myself too?



After the Diagnosis Your Guide to Living with Dementia

A practical guide for the weeks and months that follow.



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- ✓ Clear, trusted information
- ✓ Practical advice for everyday life
- ✓ Written for families, by people who care

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You do not have to figure everything out alone.



Your Care