

## Living with dementia

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A dementia diagnosis can feel overwhelming, but with the right support and mindset, it's possible to continue living well with dementia. There are many ways to adapt, stay independent and continue enjoying life. It's important to remember that although dementia affects memory and cognitive function, it doesn't mean life has to stop.

One of the first steps in living well with dementia is telling others about your diagnosis. While it can be difficult, sharing the news with family, friends, and colleagues, it can also bring relief. Being open about dementia helps those around you understand your needs and challenges better and it can lead to greater support and understanding. Most people will want to help and letting them know what is going on allows them to offer the right kind of support.

Staying independent with dementia is a key goal for many. While dementia can make certain tasks more difficult, there are strategies to maintain independence for as long as possible. Setting up routines, using reminders (like alarms or notes) and breaking tasks down into smaller steps can help you manage day-to-day activities more easily.





The NHS offer the following tips to help cope with dementia:

- have a regular routine
- put a weekly timetable on the kitchen wall or fridge and try to schedule activities for when you usually feel better (for example, in the mornings)
- put your keys in an obvious place, such as a large bowl in the hall
- keep a list of helpful numbers handy (including an emergency contact)
- set up direct debit for regular bills so you don't forget to pay them
- use a pill organiser box to help you remember which medicines to take when
- make sure your home is dementia-friendly and safe

It's important to continue enjoying life. Whether it's spending time with loved ones, enjoying a favourite hobby, or getting outside for some fresh air, make sure you keep doing the things that bring you joy. Participating in these activities not only improves your wellbeing but also enhances your overall quality of life.

If, at any time, you feel like you would benefit from further support, get in touch with an in-home care provider so you can continue living well with dementia and maintain the independence that's so important.

For help or impartial advice, please call us on 0330 024 1327.