

Making the Most of It

This insert provides a brief introduction on what dementia means and how this booklet can support you. We've kept it separate so that you have the choice to keep it or remove it—whatever feels right for you. We believe dementia should be talked about openly, but we also understand that everyone experiences it differently. What matters most is that this booklet helps you in a way that works for you.



I Have Been Diagnosed with Dementia

What does this mean for me?

There are different types of dementia, which cause problems with memory and other things that the brain does. These can include finding the right words, recognizing things or with my orientation. Changes to the way my brain functions may also affect my mood or my temper.

There is no cure but medication may help stabilise the condition. My personal wellbeing is also really important as it may have a positive effect on dementia.

So keeping active and looking after my health, is the best way forward.

What does this mean for my personal life?

I am still the same person I was this morning, but at least now I know what is causing the problem with my memory. It means that:

- *I might more easily forget things.*
- *Cognitive tasks may get more difficult over time.*
- *I may need help with certain tasks, now or later.*
- *I may need more time to think through or sort things out.*
- *My close relationships and favourite memories will remain important to me.*



