

One piece of advice from people affected by dementia

... for someone who has a dementia diagnosis

- ✓ “Get financial and benefit advice”
- ✓ “Join groups for support”
- ✓ “Don’t despair - stay positive”
- ✓ “Keep meeting people”
- ✓ “Find out what help is available”
- ✓ “Build networks early - be proactive”
- ✓ “Do things you enjoy”

... for someone who is a friend or family member of someone who has a dementia diagnosis

- ✓ “Find out all you can about dementia”
- ✓ “Learn to adjust and become resilient”
- ✓ “Join a dementia friendly group”
- ✓ “Try to stay positive”
- ✓ “Talk to other people in the same position as you”
- ✓ “Take each day as it comes”
- ✓ “Make time for yourself”
- ✓ “Maintain friendships”

