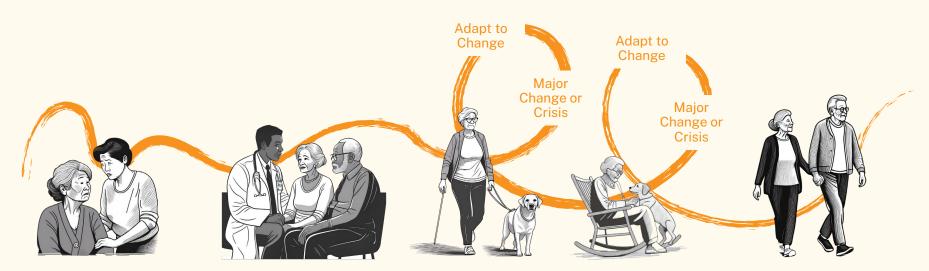
The Dementia Journey

Focusing on quality of life and planning for the changing nature of dementia can help families better navigate the journey of living well with dementia.

Living with dementia involves cycles of learning and adaptation, as dementia progresses and a person's abilities and needs change.



Noticing Changes

People living with dementia and their loved ones begin noticing changes and question what's going on. This can happen slowly over years.

Learning and **Diagnosis**

Getting a diagnosis can help explain what is happening. It can be the first step in learning more about dementia and accessing important resources.

Adapting to **Daily Life**

Living with dementia can feel like a series of unpredictable ups and downs, with many challenges. Seeing these changes, adapting to new realities and finding the relevant knowledge, skills and support can help people live better with dementia.

Planning for the **Future**

Anticipating changes down the road and preparing for future needs can help families navigate the dementia journey with greater confidence, support and comfort.

Finding New Ways to Connect

When Beth was diagnosed with dementia, her friend Sue quickly stepped in to support her by finding new ways for them to connect. As Beth's dementia progressed, they adapted and found new ways to spend time together.



Having Dinner Together

Beth and Sue used to go out for dinner once a month before Beth's diagnosis. When that became too overstimulating for Beth, they had dinner together at Beth's home.

Listening to Music Together

They transitioned from having dinner together to enjoying quiet evenings listening to music creating a more comforting environment.

Playing with Beth's Dog Together

To further simplify their interactions, they began spending time playing with Beth's dog, which provided a gentle and joyful way to bond.