



# Dementia

## Benefits of a timely diagnosis

- **Maximise** your quality of life to live your best life.
- **Take charge** and plan for the future.
- **Explain** to your family, friends and colleagues what has changed in your life and how they can help you.
- **Understand** what your diagnosis means and the support and advice that is available for you.
- **Help** to make sense of your situation.
- **Gain access** to information, resources and support for yourself and those close to you.
- **Benefit from** support, advice and therapies available that may maximise your skills and abilities.
- **Connect** with others and access peer support.

**If you are concerned about dementia, please speak with your GP**

**There are lots of practical things that can be put in place to support you to live your life.**