

Dementia.

What now?

Getting a diagnosis of dementia is never easy. Both for the person getting the diagnosis, and their support network. Sometimes it can take a long time to get a diagnosis of dementia, and it can also be misdiagnosed at first.

Don't underestimate the difference between getting a diagnosis of dementia and the diagnosis of another chronic disease.

Often, after receiving a diagnosis, the person will get support from medical professionals, allied health and other health professionals. Whereas with dementia, you receive a diagnosis, you book in for 6 months later and the monitoring of the progression of the disease begins.

Sadly, as there is this gap after receiving a diagnosis of dementia, it can come with a lot of loneliness and not a lot of resources. Learning to live with the diagnosis of dementia is what is most important.

When someone receives a diagnosis of dementia, they'll get a shopping list of all the things they can no longer do. Driving seems to be at the top of that list. It's important to note that every person's diagnosis is different. People may be diagnosed with different types of dementia, different capacity, and ability. At the time of diagnosis, engaging with a multidisciplinary



team, an OT, physiotherapy and psychologists can help support you to live with the diagnosis and continue to engage in life.

Getting a diagnosis of dementia is not like any other diagnosis. We know that it is a progressive disease and things will change over a long period of time. Getting emotional support for the person living with dementia and their family can help them learn to live well, rather than suffer with the diagnosis.



Find out more
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