

Advice from people
living with dementia for
anyone who has just
been given a diagnosis

**Lewisham Dementia
Support Hub**

Take My Advice



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1. When you get the news it is frightening and your first instinct can be denial.
2. It's good to sit down and have a calm chat about any worries that you have with people around you. This could be family, friends or professionals such as your GP.
3. It can be difficult for people to understand but try to have the confidence to tell others. You don't need to say, "I have dementia" but you can say, "I have memory problems." When you tell other people, then help comes.
4. Forgetting things can be very frustrating. Try to be kind and patient with yourself, you can handle it.
5. Slow down - take things step by step and think about how you feel day to day. Don't put too much pressure on yourself.
6. There is help out there, don't be afraid to ask for it when you need it. Contact the Lewisham Dementia Hub and they will help you in whatever way they can.
7. It can be difficult but your life is still ahead of you and you have to keep going.

8. People may not understand and they can try to minimise your dementia, saying, “You’re just getting old”; but they have to understand that it is a serious diagnosis and it does change you. You need to ignore these comments, you know who you are and how you feel.
9. You are not alone! It is important to speak to people who are going through the same thing, there are lots of groups out there. Find a group of people who are experiencing memory problems for support. It is non-judgemental and allows you to relax around people.
10. You can take practical steps to help yourself:
 - a. It’s a good idea to write things down! Use a calendar/diary/phone to write down all appointments.
 - b. Have one place where you leave things that you are going to need eg. keys, bag, bus pass, mobile phone.
 - c. Keep your medicine in a dosset box so that you can keep track of which medication you need to take and when. There is a lot of clever technology out there that can help eg. dosset boxes which have reminder alarms. Ask your local pharmacy for more information.

This leaflet was produced by



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