



# The First Signs — What to Do When You Notice Something's Changing



# When Something Feels "Off"

You've noticed your loved one repeating stories, misplacing items, or withdrawing. This guide is your calm companion.

You're not imagining things. You're not overreacting. You're caring.

## **You're Not Imagining Things**

Those small changes you've noticed are worth paying attention to.

## **You're Not Overreacting**

Your concerns come from a place of love and observation.

## **You're Caring**

Noticing these changes is the first step in providing support.





# Early Clues to Watch

These patterns are worth noticing — not fearing.



## Difficulty following conversations

Struggling to keep up with discussions or losing track of what was just said.



## Struggling with familiar tasks

Having trouble with activities that were once second nature.



## Mood swings or increased anxiety

Noticeable changes in emotional responses or heightened worry.



# Gentle Curiosity Over Alarm



## Ask with care

"Have you been feeling a bit forgetful lately?"



## Share observations

"I've noticed a few things that seem new. Want to talk about it?"



## Lead with love

Approach from a place of support, not confrontation





# Keep a Thoughtful Log

## Note patterns, not just incidents

Look for recurring behaviours or challenges that happen more than once.

## Jot down dates and short observations

Keep brief, factual notes about what you observe and when it happens.

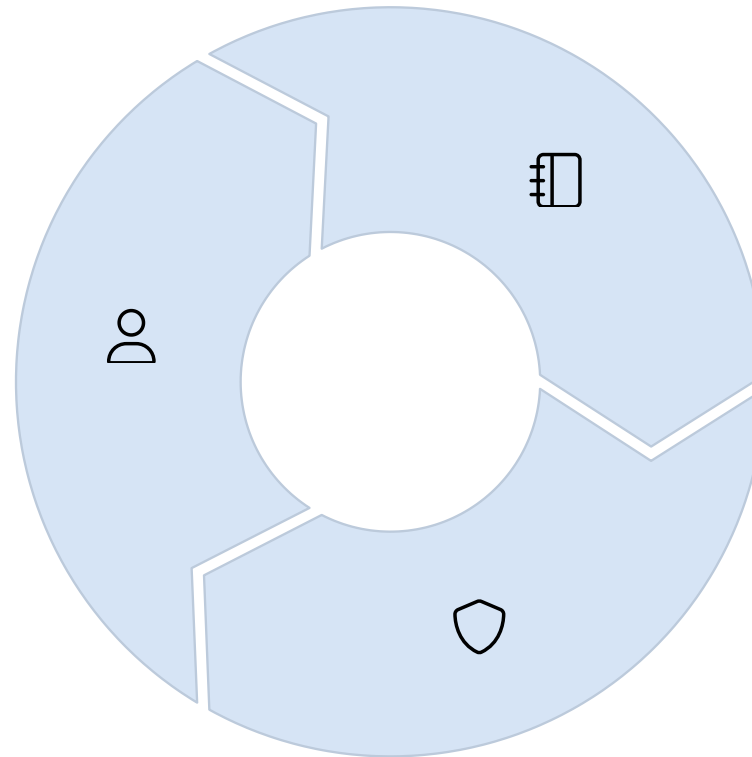
## Helps clarify what's really happening

A written record helps distinguish between occasional forgetfulness and consistent patterns.

# Ask for a GP Appointment — Even If You're Unsure

## Be honest and specific

Share concrete examples of what you've observed



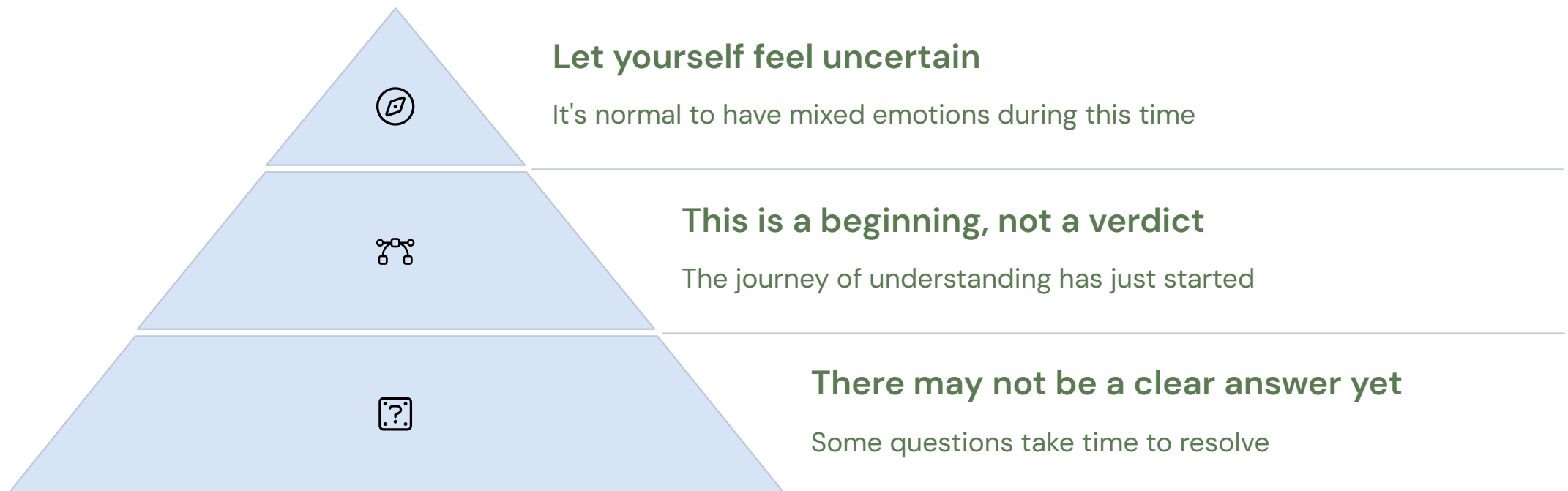
## Share your log

Your notes provide valuable context for the doctor

## Say: "I just want to rule out anything serious."

Frame it as a precautionary check

# Prepare Emotionally for the Unknown





# Who Can Walk This With You?



## **A sibling, friend, or neighbour**

Someone who knows both you and your loved one



## **Someone who listens without judgment**

A person who can hear your concerns without minimizing them



## **Someone who'll help advocate if needed**

A supporter who can speak up alongside you when necessary



# You're Not Alone

Other caregivers have stood here. There is support, hope, and strength ahead.



## Shared Experiences

Countless others have navigated this path before you.



## Community Support

Resources and groups exist specifically to help families like yours.



## Hope Ahead

With support and information, many families find meaningful ways forward.

# Ask Navigate Dementia



**"What are some early signs of dementia?"**

Learn about symptoms and what they might mean

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**"How do I prepare for a doctor's appointment?"**

Get guidance on making the most of medical consultations

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**"Can you help me explain dementia to others?"**

Find resources for family conversations