



Understanding the Diagnosis — Grounding Yourself in the Storm

"Dementia." You might feel stunned, scared, or numb. Let's take a breath together.

You don't have to absorb it all today.



Understanding What Dementia Is — and Isn't



It affects memory, thinking, behaviour



It's progressive — but not predictable



It doesn't erase your loved one's humanity



What the Diagnosis Doesn't Mean

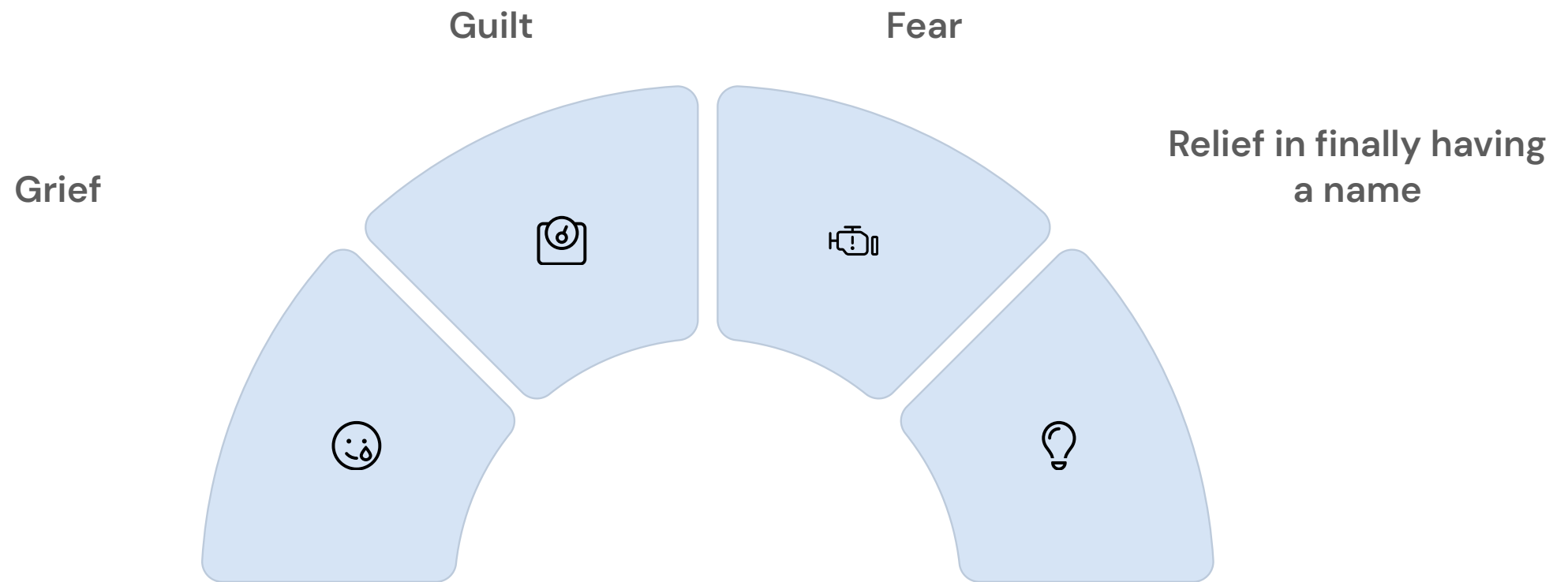
Your loved one isn't "lost" — they're changing

You don't have to figure it all out right away

You're not alone

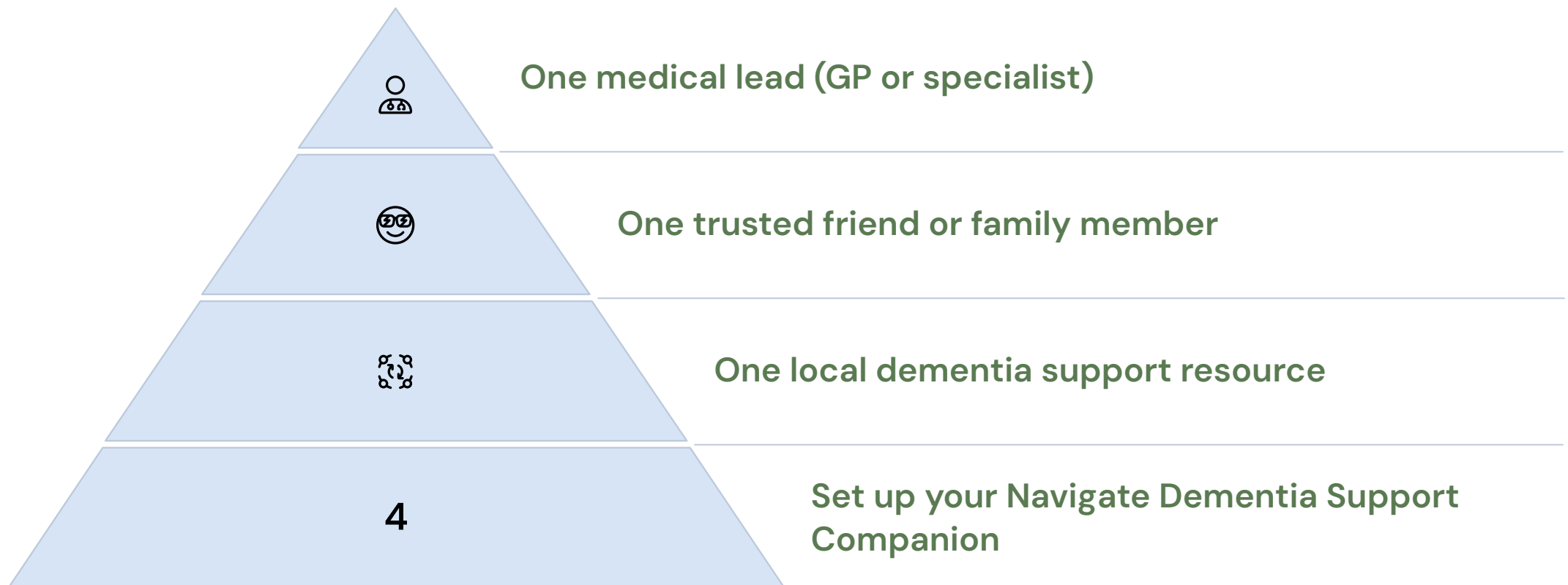


Common Feelings After Diagnosis



All emotions are valid

Find Your Core Support People



Next Steps (That Don't Overwhelm)

Learn about early-stage dementia

Focus on understanding the basics without overwhelming yourself

Begin documenting key health, legal, financial info

Start organizing important information at a comfortable pace

Introduce gentle routines

Create simple, consistent patterns that provide comfort and stability



Communicating With Your Loved One



Use clear, warm, short phrases



Avoid arguing



Listen with your heart more than your logic

Create Tiny Moments of Normal



Their favourite song

Music can reach parts of memory that words cannot

Joy isn't cancelled — it just looks different now



Their favourite snack

Familiar tastes can bring comfort and routine



Their favourite walk

Familiar environments can provide security

Ask Your Navigate Dementia Support Companion



What should I expect in early-stage dementia?



How do I explain dementia to others kindly?



Can you help me build a care team?