



## Section 10 Checklist

The Dementia Guide is for anyone who has been impacted by any form of dementia. The information in this guide is divided into sections. Each section relates to a particular stage of your dementia journey.

It is important to remember that everyone living with dementia is unique. The content in this guide is general in nature and we recommend you seek professional advice in relation to any specific concerns or issues you may have.

While we strive to keep content accurate and up-to-date, information can change over time. For updates, please visit [dementia.org.au](https://dementia.org.au) or call the **National Dementia Helpline** on **1800 100 500**.

Web: [dementia.org.au/the-dementia-guide](https://dementia.org.au/the-dementia-guide)



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**I use technology in one form or another, even the most basic technology of a phone call, to be able to support me in terms of how I choose to live my life. ”**

Sarah, a Dementia Advocate who lives with dementia

## Section 10

# Checklist

This section offers a checklist of things to help you to live well now and make plans for the future.

### In the first month

- Book into Dementia Australia's Post-Diagnostic Support Program. A dementia specialist will work with you over six sessions to understand your specific situation, provide information and recommend supports based on what is most important to you to adapt to change and live well.

- Learn more about your diagnosis.  
This includes:
  - the type of dementia you have
  - what drug and non-drug treatments are available
  - what health professionals might be involved in your care.
- Book an education session with Dementia Australia. You can learn about dementia and how to live well for as long as possible.
- Join the Dementia Australia Library Service: visit [\*\*dementia.org.au/library\*\*](https://dementia.org.au/library)
- Talk to family and friends about how you are feeling. Contact Dementia Australia if you, your partner or your family want to talk with trained dementia professionals.

- Write a list of services and supports that could help improve your quality of life. Think about things that could help you:
  - live well at home
  - keep healthy and active
  - remain engaged in activities and hobbies.
- Register with My Aged Care or the National Disability Insurance Scheme (NDIS) to learn about services and supports that are available and that you may need.
- If you drive, tell your licensing authority and your car insurer about your diagnosis. If you need to stop driving, look at other transport options. This will help you remain active and connected with your family and community.
- If you work, look at your legal and financial options before reducing your hours or leaving work. If you or your carer need to stop working, ask Centrelink about available benefits.

## Over the next six months

- Dementia Australia runs group programs, social and peer support for people living with dementia, their carers and families. Connect and share experiences with others in similar situations.
- Assess your home environment. Make modifications to help you adapt to changes to your memory and thinking and keep you safe.
- Assess your wellbeing. Keep your heart, body and mind active to look after yourself. Introduce exercise and healthy eating into your daily routine.
- Organise regular check-ups with your doctor, dentist, optician and podiatrist. Consider having someone accompany you to appointments to take notes and ask questions or ask the practitioner to give you some written advice.

- Make plans for your future. Consider any legal and financial matters, advance care directives, and medical and healthcare wishes.
  
- Start to plan for when you may no longer be able to live at home. Research your options and eligibility for residential care. This might include:
  - having a My Aged Care comprehensive assessment
  - attending a Dementia Australia information session about residential care
  - speaking with a dementia counsellor about your feelings and change in circumstances.