



Your next steps start here

**Forward with
dementia** ●●●

A diagnosis of dementia can leave you feeling lost. But have hope...

***Forward with Dementia* paves the way.**

With the right information, treatments, therapies, strategies and supports, you can move forward with your diagnosis and find new ways to live positively with dementia.

Forward with Dementia is a program and website designed to support you in the year after a dementia diagnosis. The website informs and guides you after diagnosis and helps you take positive steps to access information and support.

Resources include information, advice, tools, and strategies to manage symptoms and better adjust to life with dementia.

Resources were developed in consultation with:

- People living with dementia and their carers
- Dementia experts including medical specialists and allied health practitioners
- Australian and international dementia research teams.

Together we will challenge the negative stereotypes about dementia.

For more information, to get involved or sign-up to the newsletter:

Visit: www.forwardwithdementia.au
Twitter: [FWDDementia_AU](https://twitter.com/FWDDementia_AU)
Facebook: [ForwardwithDementiaAU](https://www.facebook.com/ForwardwithDementiaAU)
Email: forwardwithdementia@unsw.edu.au
Phone: (02) 9065 7307



Forward
with dementia ●●●