



Forward
with dementia ●●●

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

Visit: forwardwithdementia.au

Email: forwardwithdementia@unsw.edu.au

Phone: (02) 9065 7307

Find your way 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.

forwardwithdementia.au



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A guide to living with dementia

Forward



The **Forward with Dementia** website contains articles, tools, stories and webinars which can help you take the next steps. You will find strategies and advice to help you:

1. **Understand your diagnosis.**

This will help you to make sense of what you are going through and what to expect.

2. **Manage your feelings.**

Feelings about having dementia sometimes get in the way of adapting to life with dementia.

3. **Deal with your symptoms.**

There are strategies and treatments which can help with the symptoms that are interfering with your life.

4. **Live your life.**

Life doesn't stop because you have dementia. Keeping active and social can improve brain health.

5. **Plan so you stay in control.**

Plan for now and the future and know what supports and services can help.

You can also subscribe to a monthly newsletter to stay in touch with stories, news and events to support you on your journey.

Get involved

We need people with dementia and their carers to get involved in the research project to help us improve the website resources and to determine the impact of **Forward with Dementia** project.

You can get involved by:

- Taking part in a short survey
- Taking part in an interview.

To get involved in the research, or for more information, please contact us via:

forwardwithdementia.au

The **Forward with Dementia** project also provides resources and training to health professionals who diagnose and support people with dementia.

The project aims to improve the communication of a dementia diagnosis and enhance support following diagnosis.



About the project

Forward with Dementia supports people in their first year following diagnosis. The project challenges negative stereotypes about dementia.

It 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 by and 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 including the University of Sydney, UNSW and the University of Wollongong.