



Section 10 Checklist

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dementia.org.au/resources/the-dementia-guide

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

- 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.

- ❑ 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 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 if you can apply for funding to pay for the services and supports you 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

- Connect with and learn from other people living with dementia. Dementia Australia runs education programs and support groups for people with dementia, their carers, and families.
- Assess your home environment. Make modifications to help you cope with 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.
- ❑ Make plans for your future. Consider any legal and financial matters, advanced 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 aged care. This might include:
 - having a My Aged Care comprehensive assessment
 - attending a Dementia Australia information session about residential aged care
 - speaking with a dementia counsellor about your feelings and change in circumstances.

