

# STAYING POSITIVE

## Hang in there!

After a diagnosis of dementia, it's important for everybody involved to try and stay positive (no one expects you to be positive all the time) but try to focus on accepting a changed future and make the most of life moving forward.

- ✿ *Inform yourself about dementia – knowledge is positively powerful*
- ✿ *Make a choice to embrace rather than deny what lies ahead*
- ✿ *Find the right support services*
- ✿ *Talk openly with family and friends*
- ✿ *Maintain relationships and spend quality time with family and friends*
- ✿ *Reminiscing will help retain memories*
- ✿ *Learn and try new activities together*
- ✿ *Plan as best you can but be flexible and open when things go awry*
- ✿ *Attend a carer's support group, like the ones offered at St Luke's Care*
- ✿ *Accept your relationship and role will change; find ways to promote your wellbeing*
- ✿ *Continue doing what you've always done; you may need to adapt 'how' you do it*
- ✿ *Allow yourself plenty of time to do things; don't rush, nag or show impatience*
- ✿ *Keep busy, stay social and don't be shy to ask for support when you need it*
- ✿ *Music brings joy and is therapeutic; old lyrics can spark singing and stimulate cognition*
- ✿ *Modify the environment to make functioning easier*
- ✿ *Don't become a servant; encourage them to continue doing household jobs*
- ✿ *Give yourself some "me time"*
- ✿ *Encourage your loved one to maintain their health, appearance and personal hygiene*
- ✿ *Negative thinking has adverse effects on your health and wellbeing*
- ✿ *If you think every day will be bad, you'll miss out on the positive days*

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At St Luke's Care, our specially trained dementia support team is here for you and your loved one. We have many programs including home care, residential aged care, respite care and social and community programs.



## ST LUKE'S CARE

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