



Next Steps: What to Do After You're Diagnosed With Dementia

Once you've had some time to process your diagnosis, and all the feelings that come with it, consider these next steps to help you plan for the future and manage your symptoms.

Educate Yourself

Once you understand the disease, you can better understand what to expect and even learn ways that may help slow the progression of dementia.

Seek Early Intervention

Obtaining an early, accurate diagnosis is critical, especially if symptoms appear suddenly. Once a diagnosis is made, the primary goal is to manage the symptoms.

Make a Plan for the Future

Planning for the future can include financial and legal planning, making decisions about living arrangements and care, or writing a will.

Connect With Others in Your Shoes

Your doctor may even have a list of local organizations and support groups in your area that can help you feel less alone.

Get Help With Daily Tasks

For help with routine tasks like cooking, paying bills, grocery shopping and more, ask a family member or friend to help.

Don't Give Up on What You Enjoy

What do you enjoy doing? Though some of your hobbies and interests may need to be modified, remember that your diagnosis doesn't define you.

Take Care of Your Health

Maintaining a healthy diet, light regular exercise and getting enough rest may even help you to manage your symptoms.

Seek Support From a Professional

Professionals like therapists and counselors are trained to help patients through diagnoses like these. If you're feeling depressed as a result of your diagnosis, consider asking for help.

**Want to learn more about dementia and how we can help?
Talk to your care team or visit CorsoCare.com.**