

Why might you want a personal consultation with a dementia specialist?

There can be a variety of reasons. You may want more information about a dementia diagnosis or what to expect going forward. Or perhaps you want to plan for the future or learn about additional support resources.

Before your consultation, think about what kind of help is right for you and the person who is living with dementia.

Questions to consider for your consultation:

- What is your biggest concern right now?
- Is your loved one experiencing distress? If yes, how so?
- Has your loved one received a diagnosis of dementia?
If yes, do you know which type of dementia?

What do you hope to learn or gain as part of this consultation?

- More information about the disease or diagnosis
- Information on possible treatment options
- Education on how to respond to specific behaviors or comments from your loved one
- Support for yourself, including emotional and spiritual well-being
- Respite time for yourself
- Tips on communicating and engaging with your loved one
- Tips on handling family reunions or special occasions
- Tips on navigating different perspectives or opinions from family members
- Support on how to plan for the future
- Support available from the Dementia Institute
- Services from the wider community
- Information on housing options
- Information on financial resources
- Something else not mentioned here