

MAPLEWOOD

Senior Living

FAMILY SUPPORT: NAVIGATING A DEMENTIA DIAGNOSIS



Receiving news of a dementia diagnosis for a loved one can be overwhelming. It's normal to feel a mix of emotions. To help your loved one come to terms with their diagnosis, discuss it with friends and family, and address the stigma associated with dementia, we offer the following tips:

EDUCATE YOURSELF AND OTHERS

Learn as much as you can about dementia to better understand its effects and challenges. Share accurate information with friends and family to dispel myths and reduce stigma surrounding dementia.

ENCOURAGE OPEN COMMUNICATION

Create a safe space for your loved one to express their feelings and concerns about the diagnosis. Listen actively and validate their emotions. Avoid dismissing or minimizing their feelings. Challenge stigma by speaking openly about dementia and advocating for understanding and acceptance. Educate others about the realities of living with dementia to combat stereotypes and misconceptions.

FOCUS ON ABILITIES AND STRENGTHS

Highlight your loved one's abilities and strengths rather than dwelling on limitations. Encourage activities that promote a sense of accomplishment and well-being.

FOSTER SOCIAL CONNECTIONS AND SEEK SUPPORT

Encourage your loved one to maintain social connections with friends and family members. Help them engage in activities they enjoy and participate in community events. Locate support groups where they can interact with others facing similar challenges, such as the stigma of a dementia diagnosis.

PRACTICE SELF-CARE

Remember to take care of yourself while supporting your loved one through this journey. Seek out your own support network and prioritize activities that help you recharge and cope with stress.

PLAN AHEAD

Work together to create a plan for managing future care needs and legal matters. Discuss what care needs will be needed at home and when would be the right time to move to a memory care community.

CELEBRATE MOMENTS OF JOY

Focus on creating meaningful experiences and cherishing moments of joy with your loved one. Embrace each day and find beauty in the present moment.

STAY POSITIVE AND HOPEFUL

Maintain a positive outlook and remind your loved one that they are not alone in this journey. Encourage them to stay hopeful and to focus on living life to the fullest despite the challenges of dementia.

Remember, navigating a dementia diagnosis is a journey that requires patience, understanding, and support. Working together as a family with the help of community resources, you can provide the best possible care and support for your loved one.

If you would like more information, please contact a **Maplewood Senior Living community**. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.MaplewoodSeniorLiving.com)

Connecticut: Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

Massachusetts: Brewster, Weston, West Yarmouth

New Jersey: Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

