



Creating your dementia plan

A checklist to help you plan your future after a dementia diagnosis.

**Home can
remain home
with a dementia plan**

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Keep active:

Participate in activities that you enjoy. This helps you lead a positive, meaningful and active life. Make small adjustments as your abilities change.

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Make plans for your future:

Consider or update legal and financial matters including a Will, Enduring Powers of Attorney and Guardianship, and an Advance Health Directive.

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Talk to your family, friends and community:

Support from your family, friends & community can help you stay well at home. Ask them if they can help you with driving, social activities & future care arrangements.

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Maintain brain health:

Talk to your dementia specialist and your GP about treatments and lifestyle activities to help maintain brain health.

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Seek information:

Understanding dementia symptoms and progression can help you plan for the future.

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Your health team:

Keep a regular GP and pharmacist if you don't have one already. Routine check-ups with your health care team are recommended.

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If tasks start to become difficult:

Talk with your doctor or dementia specialist about allied health professionals who may be able to support you. Discussing this early can help.

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Understand your home:

Your home may need some changes to help you stay independent. Seek advice from a dementia specialist or support service.

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Connect with dementia support services:

Explore the opportunities and support available to you and your carers. Many are free to access through dementia support services, your local council and more.

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Explore funding and support arrangements:

Start this process early as there are waiting times. Speak to your GP, dementia specialist or a dementia service provider to learn about support from:

- **My Aged Care** if you are over 65 years of age
- **National Disability Insurance Scheme (NDIS)** if you are under 65 years of age
- **Services Australia** for the Carer Allowance.

For more information, including services that can help, visit:
healthywa.wa.gov.au/dementia