



OVERCOME THE STIGMA OF 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 these ten tips:

ENCOURAGE OPEN COMMUNICATION

Create a safe space for your loved one to express their feelings and concerns about the diagnosis.

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.

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.

SEEK SUPPORT

Connect with support groups or organizations specializing in dementia care. Encourage your loved one to join support groups where they can interact with others facing similar challenges.

FOSTER SOCIAL CONNECTIONS

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.

ADDRESS STIGMA

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.

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 FOR THE FUTURE

Work together to create a plan for managing future care needs and legal matters.

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. Ask for the names of a few family members and residents that you could speak with about their experience with the community.

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.

At Inspir Modern Senior Living, we are dedicated to providing families with navigating the challenges of dementia. We offer a range of resources, including informative guides, ongoing dementia-related series, and support groups, all designed to provide valuable information, insights, and a sense of community.



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