



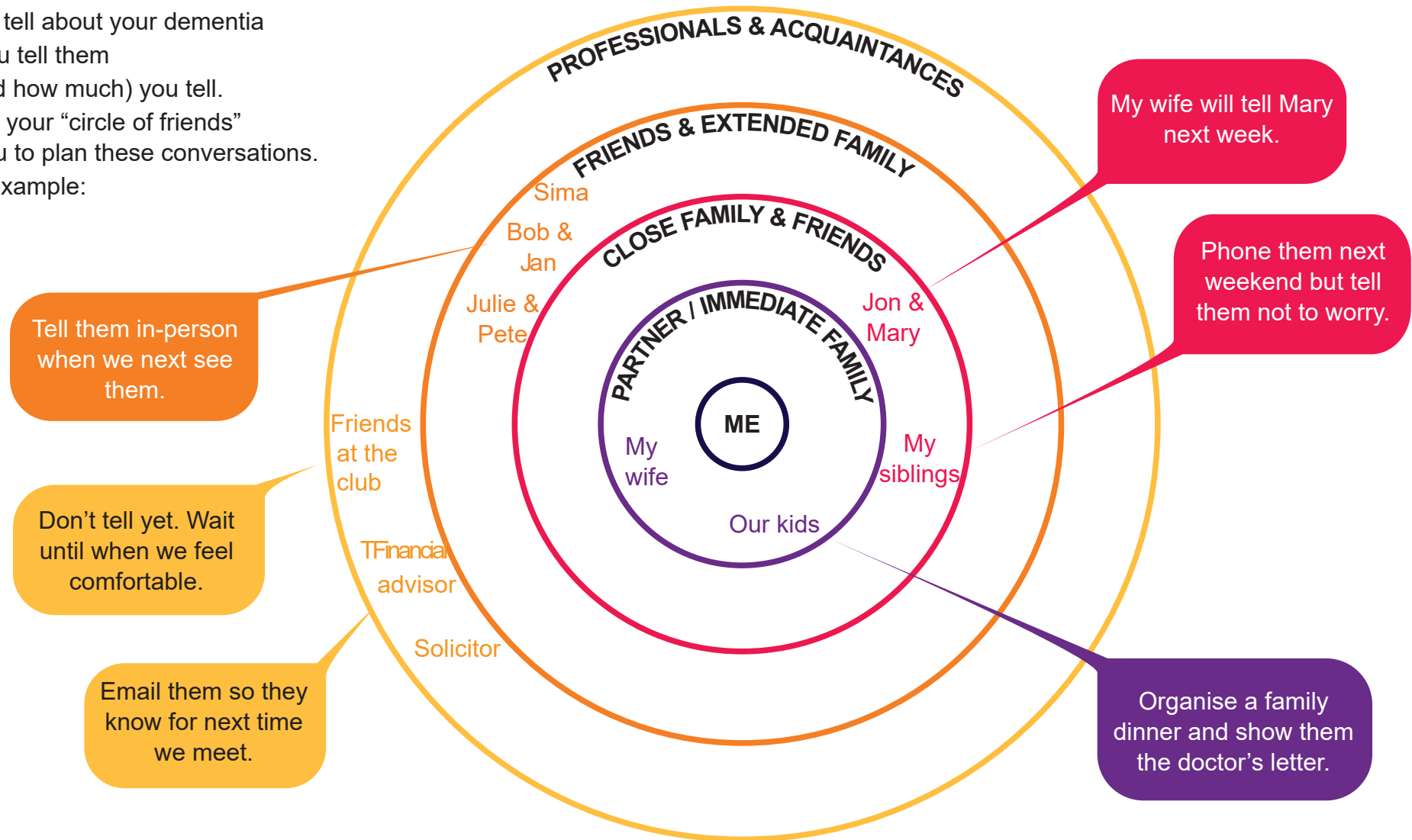
## When, and with whom, do I share my dementia diagnosis?

You are in control of:

- who you tell about your dementia
- when you tell them
- how (and how much) you tell.

Drawing out your “circle of friends” can help you to plan these conversations.

Here is an example:





Your 'Circle of Friends' worksheet:

