

A guide to living with dementia

| Appointment date: |
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| Diagnosis: |
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| Management plan: |
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| Follow up: |

take home information...

For more information about your diagnosis and support:

- Visit forwardwithdementia.org/en/
- Visit https://www.alzheimers.org.uk
- Call the Alzheimer's Society Helpline 0333 150 3456

People with dementia and carers benefit when they get support immediately after diagnosis.

Talk to your GP about getting a care plan to help you stay healthy and better manage dementia symptoms.

Get support services. For more information contact:

- Call the Alzheimer's Society Helpline 0333 150 3456
- Call the Admiral Nurse Dementia Helpline 0800 888 6678