



navigate
Dementia

The First Signs — What to Do When You Notice Something's Changing



When Something Feels "Off"

You've noticed your loved one repeating stories, misplacing items, or withdrawing. This guide is your calm companion.

You're not imagining things. You're not overreacting. You're caring.

You're Not Imagining Things

Those small changes you've noticed are worth paying attention to.

You're Not Overreacting

Your concerns come from a place of love and observation.

You're Caring

Noticing these changes is the first step in providing support.



Early Clues to Watch

These patterns are worth noticing — not fearing.



Difficulty following conversations

Struggling to keep up with discussions or losing track of what was just said.



Struggling with familiar tasks

Having trouble with activities that were once second nature.

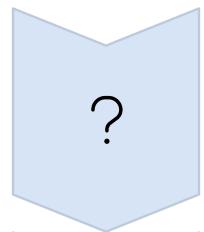


Mood swings or increased anxiety

Noticeable changes in emotional responses or heightened worry.

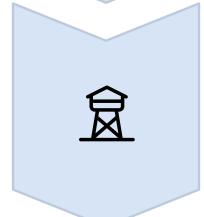


Gentle Curiosity Over Alarm



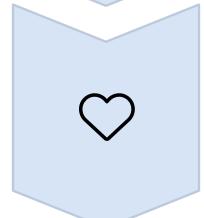
Ask with care

"Have you been feeling a bit forgetful lately?"



Share observations

"I've noticed a few things that seem new. Want to talk about it?"



Lead with love

Approach from a place of support, not confrontation



Keep a Thoughtful Log

Note patterns, not just incidents

Look for recurring behaviours or challenges that happen more than once.

Jot down dates and short observations

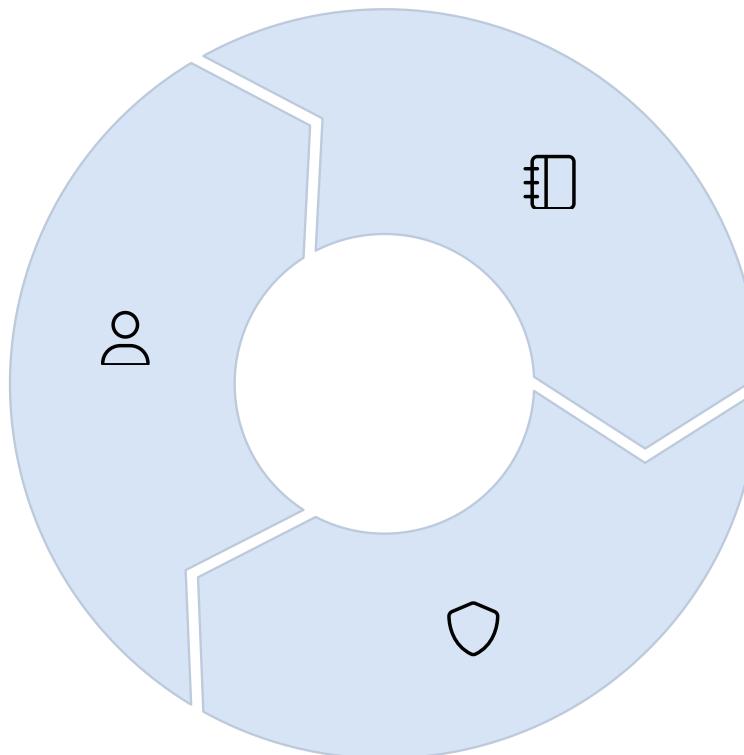
Keep brief, factual notes about what you observe and when it happens.

Helps clarify what's really happening

A written record helps distinguish between occasional forgetfulness and consistent patterns.

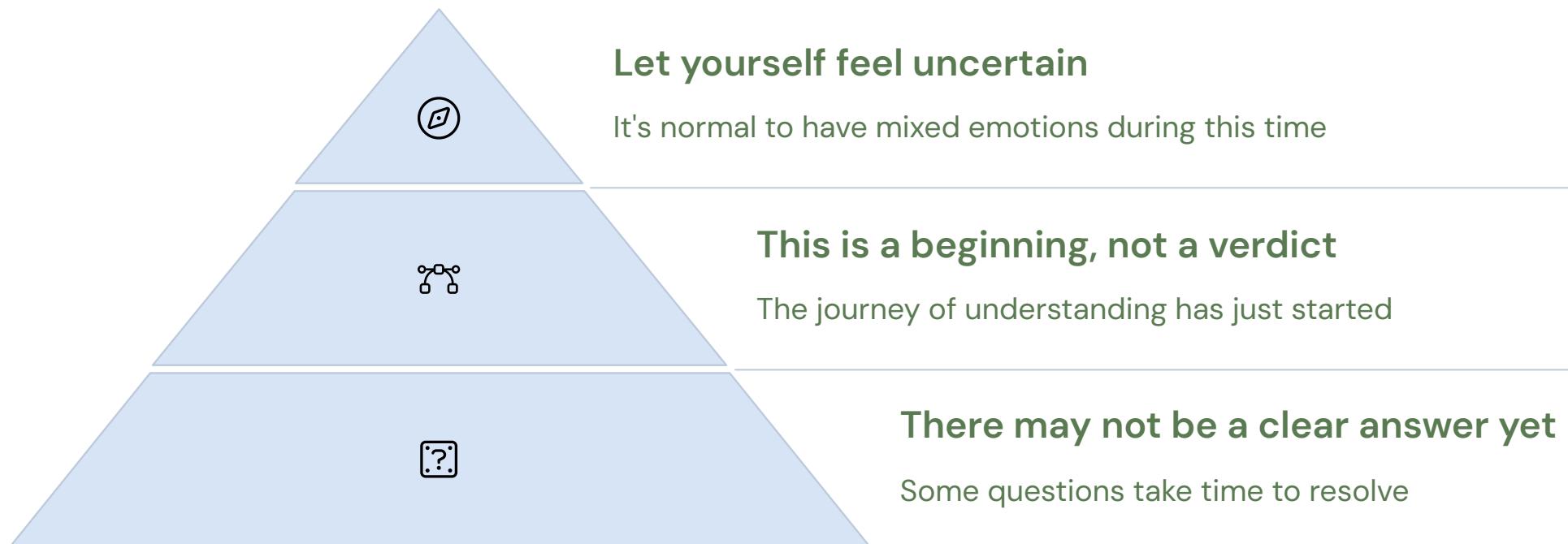
Ask for a GP Appointment – Even If You're Unsure

Be honest and specific
Share concrete examples of what you've observed



- Share your log**
Your notes provide valuable context for the doctor
- Say: "I just want to rule out anything serious."**
Frame it as a precautionary check

Prepare Emotionally for the Unknown





Who Can Walk This With You?



A sibling, friend, or neighbour

Someone who knows both you and your loved one



Someone who listens without judgment

A person who can hear your concerns without minimizing them



Someone who'll help advocate if needed

A supporter who can speak up alongside you when necessary

You're Not Alone

Other caregivers have stood here. There is support, hope, and strength ahead.



Shared Experiences

Countless others have navigated this path before you.

Community Support

Resources and groups exist specifically to help families like yours.

Hope Ahead

With support and information, many families find meaningful ways forward.

Ask Navigate Dementia



"What are some early signs of dementia?"

Learn about symptoms and what they might mean



"How do I prepare for a doctor's appointment?"

Get guidance on making the most of medical consultations



"Can you help me explain dementia to others?"

Find resources for family conversations