

My Living Well Pack

This folder is a place to collect all the information that you will be given about your condition. You can also print information off the internet and add it to this folder.

You can also write notes and add them to your folder.

It is great to keep all your information in one place so you can come back to it when you need to.





My condition

Information about my type of dementia
Information about non drug treatments for my dementia
Information about medication for my dementia





Day to Day

Managing dementia at work
Driving with dementia
Leaving work- support and advice
Impact of dementia on personal and sexual relationships
Dietary advice
Advice about aids to help you day to day
Playlist for Life



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Money & Legal

Financial advice
About available benefits
Power of Attorney
Wills and Inheritance
Advance decisions to refuse treatment



Support for me



Support for me and my family

Support groups
Links to online support
Mental health advice
Counselling
Help with Paperwork
Support for carers and partners





Care Planning

- What is a community care assessment

 Information about Self Directed Support

 Planning Ahead

 Planning Together
 - Information about different supports

Your Support Plan

