

How to
communicate
my situation
to family or
friends

Financial
management

How to
navigate the
healthcare
system

How to find
doctors/
specialists

What is
available from
the government?

Legal advice/
power of
attorney

What is
will I
encour

What issues
will I
encounter?

Information
about
medication

What is
the current
research?

Information
on my type
of dementia

How to make
my house
safer

How will
dementia
progress?

Strategies to
deal with
behavioural
issues

What assistive
tech / products
are out there?

Can I
subscribe to
information I
want?

What resources
are out
there?

Where can
I go to
learn more?

What local
community
groups exist?

Connect to
support
groups

Find educational
sessions/seminars
nearby

I don't
always know
the right
terms

"Healthy" options

Wings

Salads

Caesar

Caesar

Desserts

Pie

Ice cream

Milkshake

Drinks

Pop

Coffee

Sides

Yan fries

Onion rings

Fries

Snacks

Muffins

Veggie

Beef

Burgers

Chicken