



**My  
Living Well  
Pack**



# 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**



Day to day





# Money & Legal



**Financial advice**



**About available benefits**



**Power of Attorney**



**Wills and Inheritance**



**Advance decisions to refuse treatment**





# Support for me and my family



**Support groups**



**Links to online support**



**Mental health advice**



**Counselling**



**Help with Paperwork**



**Support for carers and partners**



**Support for me**





# Care Planning



**What is a community care assessment**



**Information about Self Directed Support**



**Planning Ahead**



**Planning Together**



**Your Support Plan**



**Information about different supports**

