



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

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Launex Dementia Care Support Torch

What to Do After a Dementia Diagnosis: First Steps for Families

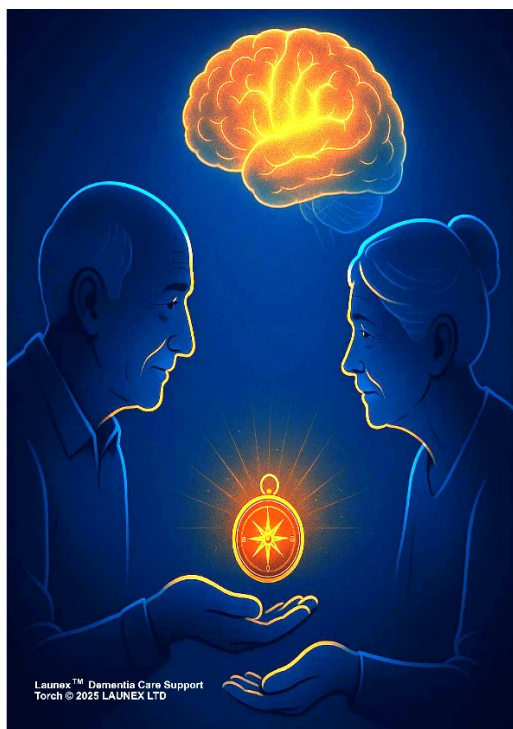
**Knowing a little is not enough
when someone depends on you.**

Each insight connects to the
*Dementia Care & Understanding –
A Family Pathway Course.*

**From First Signs
To End-of-Life
And Beyond**



What to Do After a Dementia Diagnosis: First Steps For Families



Hearing the words “*you have dementia*” or “*you have Alzheimer’s*” is life-changing.

Families may feel a mix of shock, relief, sadness, fear, or even numbness.

All those feelings are valid, and it is normal to feel overwhelmed.

Take time to breathe before making big decisions.

Hearing the words “*you have dementia*” or “*you have Alzheimer’s*” changes everything. For many families, it lands with a mix of shock, relief, fear, or even numbness. Relief, because there is finally an explanation for the unexplained behaviour, the random forgetfulness, the moments that did not make sense. Fear, because the future now feels uncertain. And often, everyone leaves the room with more questions than answers.

A diagnosis is not the end of the journey; it is the moment understanding begins; where you can start preparing, adapting, and building a life of quality and meaning.

Yet, this moment can leave families overwhelmed, unsure of what to do first, or worried about missing something important. Should you be asking about treatment, care plans, legal steps, or local services? How do you even process the emotions while trying to think practically?

This is where most families feel lost. The GP may hand you a leaflet, or you may be told that a follow-up will happen in months. But what do you do tomorrow, or next week, when daily life continues and nothing feels clear? When the frustration of the unknown meets the realisation of what is happening — and the question becomes: *Where to next?*

Once the initial shock settles, what families need most is reassurance, clarity, and connection. This is the time to pause, talk, and rebuild together — through understanding and emotional steadiness. Taking time to process these feelings individually and as a family restores balance and prevents one person from carrying the entire weight.

Learning how to talk openly as a family makes all the difference. In the Launex Family Pathway Course, we use practical emotional-support tools such as reflective listening, validation, and “holding space” — methods that help families reconnect and work together calmly, even when conversations are difficult. They turn overwhelming emotion into teamwork and purpose.

With this emotional foundation in place, the next phase helps you understand what’s happening inside the brain itself — how different types of dementia shape memory, mood, and daily life, and how small changes in care can bring calm and stability.

Understanding the type of dementia gives families insight into *why* certain emotions or behaviours appear. Knowing the reason behind a change can turn frustration into compassion — it’s the first step toward responding with empathy instead of fear.

Life with dementia will always carry a sense of uncertainty — but small, thoughtful adjustments in routines, environment, and mindset can bring moments of stability and hope. These changes help families feel grounded, even when the future remains unpredictable.

Launex understands how overwhelming those first questions can feel: *“What now and where to next? Where do I start and what does my future look like? Does this mean the end of living as I know it or will there still be quality of life for me?”*



Anybody can do a quick internet search on dementia diagnosis and dementia care. We all look for fast answers, but if dementia needs were that simple, you’d already have them.

The truth is, dementia is never straightforward. It affects each person differently. Families deserve more than scattered advice; you deserve a structured, evidence-based pathway built on understanding.

Knowing a little is not enough when someone depends on you. Gain the knowledge of what, where, when, and how — with clarity and confidence. Lives are changed by action, and harmed by an absence of knowledge.

Launex turns complexity into clarity. Our Dementia Care & Understanding – A Family Pathway Course – From First Signs To End-of-Life & Beyond, breaks these terms down in plain language, shows you what a diagnosis means, why the dementia distinction

matters, and gives you a clear pathway: from the first signs, to recognising care needs, to knowing who to turn to, what to put in place and when.

Families can't remove uncertainty — but by understanding the condition and supporting one another, they can build moments of stability and hope. You don't have to figure it out alone.

During the course phases, we guide you through these crossroads and through each phase you will learn more about dementia, the types and the impacts on daily living as dementia progresses:

Phase 2 – Recognising what “the right care” really means.

We focus on what care looks like in practice: what to expect from professional carers, comparing home support, agencies, and residential settings with confidence. We provide you with the knowledge to make informed decisions that protect dignity and independence.

Phase 3 – Taking the First Practical Step

Learn how to prepare for the first GP appointment, understand the dementia diagnosis pathway, and identify the key rights and early legal matters families should focus on from the start.

Phase 4 – Life After Diagnosis: Routines, Wellbeing & Home Adaptations

After the diagnosis, we help you process emotions, understand the type of dementia, and stabilise daily life. Put the practical foundations in place while capacity remains. Know who to call in a change, schedule reviews, involve social care early, and work with OT/Community Equipment Services for the right support at home.

Phase 5 – Understanding Dementia in the Brain and Daily Life

Discover what's happening in the brain and why different dementia types behave differently. The Launex Dementia Brain Map™ links brain changes to everyday experiences, so families can recognise symptoms with empathy and respond in ways that bring calm and confidence.

Phase 6 – Dementia Progression Explained

Families see how dementia types move through its stages and why each person's journey looks different. Recognise patterns of change, understand how behaviour, perception and communication evolve.

Phase 7 – Behaviour Changes: Calm Responses to Anger, Wandering & Repetition

Behaviour is communication. This phase shows how brain changes drive agitation, wandering, repetition and withdrawal, and teaches steady, empathy-first responses that reduce distress for the person and the family.

Phase 8 – Mid-Stage Transitions & Future Care

Plan the busy middle well: adapt routines and the home, balance safety with dignity, bring in the right carers/equipment, and recognise when home support is no longer enough. Learn how to evaluate and choose care settings and prepare practically and emotionally for a smooth transition.

Phase 9 – Late-Stage, End-of-Life & Beyond

Focus shifts to comfort, sensory connection and presence. Families learn what to expect physically and emotionally, how to work with professionals, and how to protect dignity through the final stage and the first days after.

Call to Action

You do not have to figure it out alone.

✓ Download our next Torch

<https://launexltd.com/resources/torches>

✓ Start your Family Course today and gain the knowledge to support those depending on you.

Enrol directly at:

<https://launexltd.com/courses/dementia-care-course/>

✓ Every situation is unique. For tailored guidance and support, book a personal coaching session:

 coaching@launexltd.com

Read more about coaching here:

<https://launexltd.com/launex-coaching/coaching-overview/>

View our current coaching rates:

<https://launexltd.com/launex-coaching/launex-coaching-rates/>

✓ Free Membership Invitation

Join the *Launex Dementia Support Membership* — Free

Gain access to our Support Library, exclusive tools, and community Q&A designed to help families navigate dementia care with confidence.

Sign up for free today at:

<https://launexltd.com/memberships/dementia-support/>

✓ Upgrade to the Launex Coaching Membership

For families and carers who want personal guidance, the Coaching Membership offers discounted one-to-one sessions, group coaching, and early access to new courses and events.

Learn more or join at:

<https://launexltd.com/memberships/launex-coaching-membership/>

✓ For more information, email info@launexltd.com or visit <https://launexltd.com> to learn more.