



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

2025

Launex Dementia Care Support Torch

Choosing the Right Dementia Care: What to Do Before and After Diagnosis

**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**



Choosing the Right Dementia Care: What to Do Before and After Diagnosis



Do you really know what your expectations for care are?

What are the differences in care and what do you need to be aware of?

A major decision families face is how to meet care needs once changes become too noticeable to ignore. Do you bring in assistance at home, start looking at private carers, care agencies, or even care homes? What are the differences and what do you need to be aware of? Do you really know what your expectations for care are, or what a carer's responsibilities should be? For most families, these choices feel overwhelming; there is rarely a simple "right" answer.

The reality is that care options are not just about cost or convenience; they affect safety, dignity, family relationships, and daily routines. What works for one family may not work for another. And while the internet offers endless lists of pros and cons, very few families feel confident after reading them, because the decision is not just about facts: it is about your loved one's life and their quality of life while living with dementia.

Care is an enormous responsibility, and Launex understands the uncertainty these choices bring — the pressure to "get it right" when there is no clear rulebook. Should you try hourly support at home? Do you consider live-in care? At what point does a care home become the safer option? Each pathway has its benefits, its limits, and its hidden costs and pressures. Without guidance, families can feel paralysed, waiting until a crisis forces a rushed decision.

The care you choose today will shape tomorrow. As care needs grow, so do the responsibilities and the duty of care that come with them. Being informed now means making the right choice for today's needs — and being prepared for what lies ahead.



Anybody can do a quick internet search on what home care, care agencies and care homes have to offer. The question is: how do you interpret that information to ensure it meets your needs? 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 why the 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.

Launex understands how overwhelming those first questions can feel: *“Where do I start looking? What am I looking for? How do I know that they will meet my needs?”*

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 the Early Shifts and Setting Safe Dementia Care Foundations

We focus on recognising and documenting those first signs, understanding the fundamentals of good dementia care, and exploring what kind of early care should be considered. We also learn to recognise and respond to risks such as neglect or abuse while preparing for professional assessment.

Phase 3 – Navigating the Diagnosis Pathway and Knowing Your Rights

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

Once a diagnosis is confirmed, families begin learning what life with dementia really means day to day. This phase focuses on understanding the type of dementia, why it matters, and how to build routines, connections, and a safe home environment that supports wellbeing. It also introduces early legal and financial steps to ensure stability and peace of mind as you move forward.

Phase 5 – Understanding Dementia in the Brain

Through the Launex Dementia Brain Map™ we explore how dementia types and

symptoms influence behaviour and daily ability, helping families judge when changing care settings becomes necessary.

Phase 6 – Dementia Progression Explained

Helps families recognise patterns of change, understand how perception and communication evolve, and know what support to put in place as dementia care needs change.

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.