



# LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

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## Launex Dementia Care Support Torch Early Warning Signs of Dementia

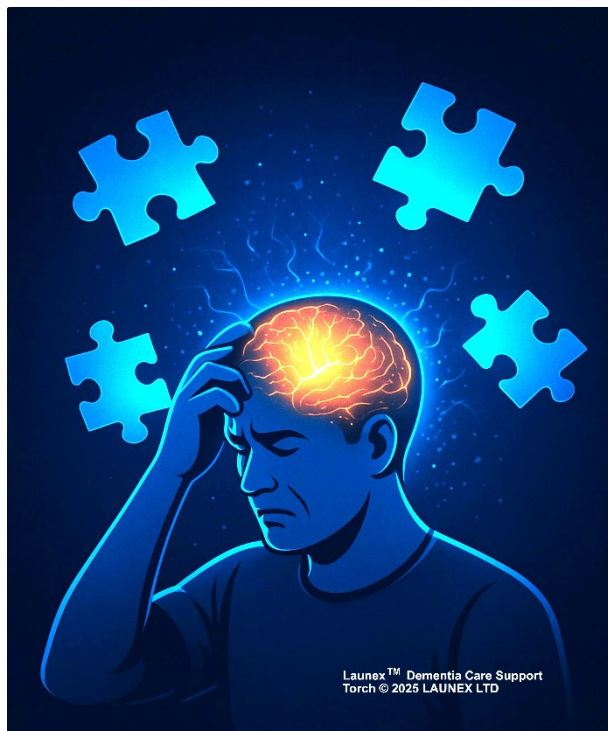
**Knowing a little is not enough  
when someone depends on you.**

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

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



## Early Warning Signs of Dementia



It is natural to forget where you left your keys or to blank on a name occasionally.

But when changes become persistent and start interfering with daily life, they may be more than normal aging.

Families often notice little changes before anyone dares to say the word *dementia*. Misplaced items, forgotten conversations, or shifts in mood can be brushed off as “just ageing.” And maybe they are — but what if they are not? Do you really want to keep wondering and worrying, hoping it will pass, when early understanding could change everything?

The early signs are often subtle, inconsistent, and easy to miss. But once you know what to look for and begin recognising dementia symptoms at home, the patterns become clearer, the changes more consistent and visible as they begin to interfere with daily life.

Knowing what to look for matters. Understanding these changes early does not mean you have all the answers, but it gives you the awareness to take the right next steps. It can also prevent families from waiting too long, hoping things will “settle,” when the reality is that the changes are slowly growing.

These early signs are not always clear-cut, and they do not look the same for everyone. Early changes often appear in memory, communication, or daily routines — such as repeating questions, losing track of time, or forgetting familiar routes. That is why many

families feel uncertain - is this forgetfulness, stress, or something more? The difference lies in patterns, consistency, and how much daily life is being disrupted.

Recognising the early signs is only the first step. It's just as important to document any changes, no matter how subtle, as this provides valuable insight to your GP and helps guide early support.

Families shouldn't wait for a formal diagnosis before putting care in place during the early stages. Support isn't limited to medical intervention only; practical, social, emotional, and spiritual support all form part of holistic dementia care that benefits both the person and their family.

Phase 2 of the Launex Family Pathway Course explores these first practical foundations in detail, helping families recognise when extra support may be needed and what forms of care to consider.



Anybody can do a quick internet search on what dementia early warning signs are. The question is: do you know how to interpret them? We all look for fast answers, but if dementia 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 recognition of first signs and 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.

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](mailto: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](mailto:info@launexltd.com) or visit <https://launexltd.com> to learn more.