



# LAUNEX LTD

## Coaching & Training

Empowering with Clarity & Confidence

2025

### Launex Dementia Care Support Torch

## Coping with Dementia Care: Emotional Resilience & Family Support

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



## Coping With Dementia Care: Emotional Resilience & Family Support



*“Why did I try to carry this on my own for so long?”*

*“Why didn’t we ask for help sooner?”*

Dementia is not only a medical journey - it is an emotional one. Families often discover that the hardest struggles are not about memory or medication, but about the strain it places on relationships, patience, and wellbeing. The diagnosis can feel like a heavy shadow that settles over the whole household, changing roles and expectations overnight.

Many carers throw themselves fully into the role, believing love alone will be enough. But without support, exhaustion sets in. Frustration builds, resentment can creep in, and even the strongest families may find themselves divided rather than united. Regret often comes later: *“Why didn’t we ask for help sooner?”* or *“Why did I try to carry this on my own for so long?”*

Families also underestimate the emotional resilience required to face repeated, and constant changes. Just as one stage begins to feel manageable, the next challenge arrives - and old coping strategies may no longer work. Without preparation, this constant shift leaves people feeling like they are always one step behind, forever reacting instead of leading.

This Launex Torch is a reminder that dementia affects more than the person diagnosed - it touches everyone connected to them. It highlights the cost of ignoring emotional resilience, and the risks of trying to carry everything alone.

Coaching offers a way through this. Unlike advice, a course or training, that simply tells you what to do, coaching helps families recognise their own strengths, adapt to changing circumstances, and regain confidence in decision-making. It creates a safe

space to voice fears, ask difficult questions, and plan ahead without judgment. Families learn how to support one another, rather than allowing stress to drive them apart.

If you ever feel as though you are emotionally drowning, or that everything is becoming too much to handle on your own, reach out. There is no shame in asking for help — that is exactly what we are here for. Having someone who understands the pressure and can help you make sense of it all, makes the difference between coping and collapsing.

Launex walks alongside families in this process. Our role is not just to explain dementia, but to listen, to help you cope with the emotional toll, prepare for the ever-changing health environment, and find the resilience that sustains you in the long run.



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.

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 the individual, family and carers rights and what to expect from professional carers. We provide you with the knowledge to make informed decisions that protect dignity and independence.

### **Phase 3 – Navigating the Diagnosis Pathway and Knowing Your Rights**

Understanding how legal and healthcare systems connect and introduces key legal elements and decision-making rights. Families learn where these documents fit within the NHS and social-care framework.

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

We put the practical legal foundations in place while capacity remains and day-to-day planning.

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