



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

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Launex Dementia Care Support Torch

What to Ask the GP if You Suspect Dementia

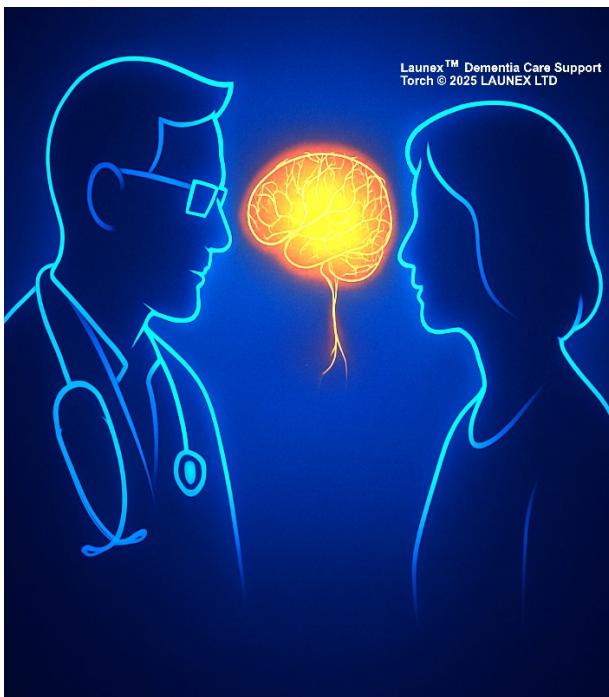
Knowing a little is not enough when someone depends on you.

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

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



What to Ask the GP if You Suspect Dementia



If you have noticed ongoing changes, your GP is the first step. But a standard 15-minute slot is rarely enough for such an important conversation.

From the start, ask for a double appointment so you have time to explain concerns and hear what comes next.

Booking that first GP appointment can feel daunting. You have noticed changes, but you are not sure what they mean, or how seriously they'll be taken. Families often worry about sounding alarmist, or not knowing the "right words" to use, or they are already frightened enough to think that it might just be dementia or Alzheimer's. A short 10 – 15-minute appointment rarely feels like enough for such a big conversation.

The truth is that this initial appointment is rarely about getting an instant diagnosis. It is the start of a process - ruling out other causes, deciding what to test, and when to refer. What matters most is that you walk in prepared, able to describe what you have experienced or seen, and confident enough to ask your GP the questions that matter about dementia symptoms; questions that move things forward.

This is where many families get stuck. Do you focus on the memory lapses? Are the little things you keep forgetting really important enough to mention or will the doctor just tell you that it's part of getting older?

Do you mention the behaviour changes, the mood shifts, the agitation, the moments where they don't feel like "themselves" anymore? Or will the GP think you are overreacting... but what if you don't say anything at all?

What if staying quiet means, they miss something treatable — something that isn't dementia at all? Do you ask about tests, or about what support is available while you wait?

It can feel overwhelming, and without a clear plan, it is easy to leave the surgery more confused than when you arrived.

Launex helps you bridge this gap, turning uncertainty into a sense of control and partnership in care.

 Anybody can do a quick internet search on what they think they need to ask the GP. The question is: do you know how to interpret that information? We all look for fast answers, but if dementia were that simple, you'd already have them.

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: “*What do I say to the GP? What if I am wrong? What happens next?*”

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.