



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

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Launex Dementia Care Support Torch

First Steps After a Dementia Diagnosis: Practical Actions to Take Now

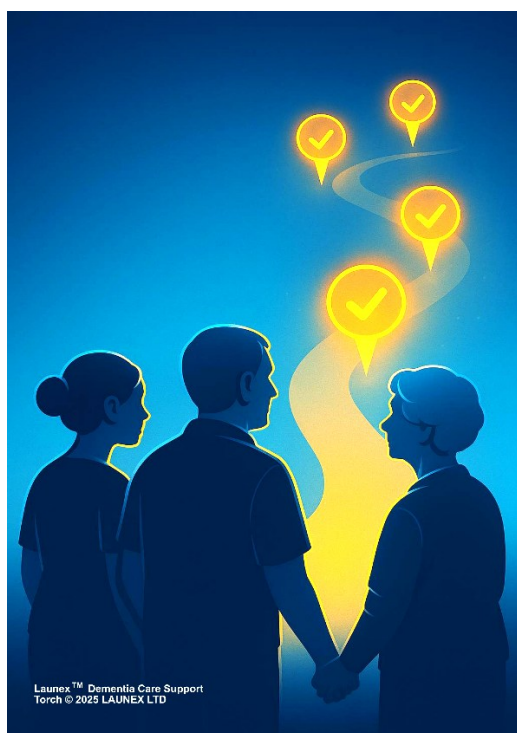
**Knowing a little is not enough
when someone depends on you.**

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

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



First Steps After a Dementia Diagnosis: Practical Actions To Take Now



A dementia diagnosis is not the end of the journey - it is the beginning of understanding what comes next.

In the days and weeks that follow, certain practical steps should happen to ensure both the person with dementia and their family receive the right support.

A dementia diagnosis is often followed by silence — a pause where families are left to figure out what to do next. The news has sunk in, but the path forward feels uncertain. Should you focus on care at home, on legal paperwork, or on emotional support? It is easy to feel paralysed by the weight of it all.

The first steps after diagnosis are about stability, not solving everything at once. Families often ask: *What do we need in place straight away? What can wait? How do we avoid missing something important?* These questions are natural, and without guidance, many feel they are “guessing” their way through.

Launex understands how overwhelming those first questions can feel: *“Where do I start with what? What am I looking for? How do I know what will be required in the future?”*

When the first emotions have settled, it’s time to look at the practical side of care. This includes understanding the key care, health, and legal elements that shape long-term wellbeing and decision-making. Knowing that these areas exist, and that early choices can have lasting effects, helps families feel more in control and ready to take the next informed step.

This stage is about getting the essentials right: making sure safety is considered, that the person’s rights and wishes are respected, and that families know where to turn for

support. Missing these basics early on can make the journey ahead harder than it needs to be.

Once the diagnosis is understood, the focus shifts to living well; creating routines, environments, and habits that support stability. Lifestyle plays a powerful role: activities, movement, nutrition, and social connection all strengthen wellbeing. Regular contact with friends, community groups, or faith networks helps the person feel part of life, not separate from it.

Building a progression plan early; noting who to call, what to review, and when — keeps families prepared instead of reactive. Small home adaptations make daily life safer and calmer. These steps are not about control; they're about maintaining independence for as long as possible.

Practical planning also includes early legal and financial actions. Putting documents and permissions in order before they're urgently needed reduces future complications and exclusions.

The Launex Dementia Brain Map™ helps families see why these steps matter: it links changes in the brain to everyday abilities, showing how to match care and communication to what the person still understands and enjoys.

Together, these practical foundations form the bridge to the next phase — understanding how dementia progresses, recognising the signs of change, and adjusting care before challenges grow.



Anybody can do a quick internet search on dementia diagnosis and dementia care. The question is: how do you interpret that information? 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 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

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.