



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

2025

Launex Dementia Care Support Torch

Why Home Matters

**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**



Why Home Matters



Home is more than a place: it's identity, safety, and belonging.

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The place we call home carries more than walls — it holds our history, routines, and choices. For many people living with dementia, home is more than a place - it's identity, safety, and belonging. The familiar rhythm of daily life, the sound of a kettle, the lingering food smell from the kitchen, the view from a favourite chair - these are the small anchors that help memory and confidence hold steady.

When care happens at home, routines adapt around the person instead of the other way around. The carer learns their language, habits, and humour, creating a partnership built on understanding and flexibility rather than time constraints. This is where real person-centred care lives - where care is focused on the uniqueness of a singular individual.

Home is probably the final chapter of life lived on their own terms. It is the last point in the dementia journey where personal rhythm, preference, and freedom still truly belong to the person. You can still decide when to wake, when to rest, what music to play, what program to watch on TV, or how long to linger over tea. Days can still bend around comfort, not timetables.

That changes after the transition. Once hourly care or residential living becomes necessary, life moves to the rhythm of others as a group; meal times, medication rounds, and staff schedules. Your choices narrow; your time is no longer entirely your own. “I need the toilet” may become “*wait until someone can help.*” Morning care can shift from a slow and steady paced moment to a rushed routine, part of a system trying to meet everyone’s needs at once and according to a time schedule.

It is hard to hear, but it is the unspoken reality of dementia care. Knowing it early gives families the chance to *claim this time fully* - to enjoy it, personalise it, and make memories that still feel like their own before structure replaces spontaneity.

Home care is not about resisting change; it's about preserving the person's world as they know it, for as long as possible. When families invest in the right knowledge and support early, they don't just extend comfort - they extend *quality of life*.

This stage is not only about managing symptoms; it is about protecting dignity while there is still room to choose. It is the time to live deliberately, on your terms, in your space, surrounded by the familiar, because after this point, care becomes necessary, but choice becomes shared.

The option of private care or live-in care can also be more cost-effective than many care-home arrangements. One-to-one support delivers genuine attention without the overheads of large facilities. Many professional carers who choose private work do so because they believe people deserve more than a schedule - it allows them to give time, patience, and genuine presence.

Person-centred care is not, and should never be, a slogan. It's a choice - to give time, to see a person instead of a schedule. At home, that choice is still possible.

That's why home matters.



Anybody can do a quick internet search on the cost of dementia care. The question is: what care are you getting for what you are paying for? How are you interpreting that financial figure into care quality and meeting care 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. We provide you with insights before having to move away from home and if you do, what to expect and the right questions to ask.

These practical steps build the foundation for everything that follows. In the next 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:

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.