



Making decisions  
with dementia.



Helping Hand  
*new aged care*

It should never be assumed that a person with dementia is unable to make their own decisions.

For our family, the transition to aged care hasn't been without its challenges. And when clarity is required, there are good suggestions to support a family member with dementia.

### **Make decisions before dementia is advanced**

It might seem premature to have robust discussions before someone needs decision making support, but the earlier the conversation, the greater the clarity about how any one person will express their wants and needs.

These conversations are emotional. But done with openness, they will build a series of decisions that will become a guide for family members. Honour the person you love.

### **Write it down**

Writing things down removes any ambiguity over what a person's decisions are. Document the options

that have been considered, the decisions that have been made and why they've been made. And most importantly family members should know where these wishes are kept.

### **Every day decisions**

It may be hard for family members to know how to be with a family member with dementia, and it's very important for the person with dementia to maintain their dignity and control over their life.

### **For more information**

Call Helping Hand on 1300 653 600

### **Visit**

[www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

### **For an account of a family dealing with dementia watch**

[www.helpinghand.org.au/unspoken-truths](http://www.helpinghand.org.au/unspoken-truths)

### **Learn more about Aged Care**

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)