



Central Coast  
Local Health District

## Healthy Bites Episode 9 – Life beyond a dementia diagnosis

Hello, I'm Dr Tomiko Barrett, a geriatrician from Wyong Hospital.

A diagnosis of dementia is as distressing as a diagnosis of cancer. But just like cancer, dementia is a word, not a sentence. There are things that people can do to delay the progression of dementia, such as brain training, regular exercise, learning new skills, even getting hearing aids if you need them. There are medications that can help slow dementia too.

Each person living with dementia and their family need time to think about and absorb the diagnosis. Then schedule another appointment to ask your doctor questions that will pop up when you go home... Ask your doctor what can be done to delay progression.

Local dementia support services can teach you and your family how to work around your dementia-related disabilities. They can organise supports to help you stay independent in your home. An early diagnosis gives you time to plan for your future, such as appointing a Power of Attorney.

With the right supports, people can enjoy life while living with dementia.