

How to plan ahead if you have dementia

Dementia is a health condition that affects how the brain works. Dementia can cause problems with memory, thinking, communication and everyday tasks. Dementia usually gets worse over time.

If a doctor has told you that you have dementia, it is a good idea to plan ahead. This guide explains the plans you might need to make and how to talk about what you want.

The guide says you might want to make plans about:

- finances and money
- legal things, like your will
- health care, like the kind of care you want when you are dying
- help with daily living in the future
- who can make choices for you when you can't make choices for yourself anymore.

The guide shares ideas about how to talk about what you want. There are videos and written information.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

This resource was made by

Dementia Australia

Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

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