



Benefits of an Early Diagnosis

A Conversation Guide for Family and Friends

Thank you for being here and for taking the time to engage in this conversation with us.

Receiving a diagnosis of dementia early in the course of the disease can open the door to planning, treatment, support, and opportunities to continue living well. While an early diagnosis may also bring difficult emotions and challenges, many people living with dementia describe important benefits that come with knowing. Today's conversation is about listening to people living with dementia, learning from lived experience, and exploring the many ways an early diagnosis can make a difference.

CONVERSATION AGREEMENTS

As we engage in this conversation, we also invite you to:

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| ✓ Respect every person's feelings, whether you understand them or not. | ✓ Suspend judgment and seek to understand each person's experience with empathy. |
| ✓ Pause for reflection before responding. | ✓ Listen to connect, not to correct or fix. |

DISCUSSION PROMPTS

1. What stood out to you in the video about receiving an early dementia diagnosis?
2. What surprised you or deepened your understanding of the benefits of an early diagnosis?
3. What opportunities can an early diagnosis provide for planning and making decisions?
4. What words, actions, or approaches can help a person feel supported, respected, and hopeful after a diagnosis?
5. How might today's conversation influence the way you respond to a person who has recently received a diagnosis?
6. As we bring today's conversation to a close, I wonder what you're taking with you from today's conversation.

TAKE IT FURTHER

- How will you share what you've learned today with family, friends, colleagues, and your community?
- What is one thing you can do to help someone living with dementia feel heard, understood, and supported throughout this process?

Early diagnosis is a signal, not the whole story. Thank you for listening with curiosity and compassion today.

