

<b>Part 1: About the Alzheimer Society of Nova Scotia</b>	6
<b>Part 2: The Brain and Dementia</b>	7
Common symptoms of dementia	8
The parts of the brain	9
Personal planning: Track your symptoms	12
<b>Part 3: The Diagnosis</b>	14
Getting a diagnosis	15
Common reactions to the diagnosis	16
Telling others about your diagnosis	19
Personal planning: Identify your support network	21
<b>Part 4: Taking Control of Your Health and Well-being</b>	24
Physical well-being	26
Emotional well-being	31
Social well-being	33
Working with your health care provider	34
<b>Part 5: Planning Ahead</b>	38
What is personal planning?	38
Driving	40
Medications	43
Disorientation and becoming lost	44
Identification	45
Personal planning tools	46
<b>Part 6: Life After Diagnosis</b>	52
Coping with change	53
Maintaining quality of life	59
<b>Useful Resources</b>	65
Activity for Part 2: What won't change	66
Additional information for Part 2: Medication	67
Additional information for Part 2: Causes of dementia	68
Activity for Part 3: Who to tell and how to tell them	69
Activity for Part 4: Wellness wheel	70
Activity for Part 5: Planning ahead	71
Activity for Part 5: Identifying driving concerns	72
Financial and Legal Affairs	73
Health Care and Personal Affairs	74
Be Ready for an Emergency Department Visit	75
Activity for Part 6: Asking for help	76
Useful resource: Identification kit	77
Activity for Part 6: Who am I?	79
Thank You for Your Patience Cards	81