



Dementia Toolkit

Living your life with hope

www.livingwithdementiatoolkit.org.uk

The Living with Dementia Toolkit for people with dementia and their carers is full of resources to:

- give you **hope** for the future
- **inspire** you through real-life examples
- offer **ideas** to help you live your life as you choose

You'll find lots of resources in these five sections:



**Stay safe
and well**



Stay active



Stay connected



Stay positive



**Keep a sense
of purpose**

Open the camera on your smartphone or tablet.
Point it at the QR code (on the right). This will
open the **Living with Dementia Toolkit**.



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**Alzheimer's
Society**
United
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Dementia

iD Innovations
in Dementia

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