

Strengths

It is important to recognise and acknowledge that you will retain many of your lifelong strengths, whilst also having difficulties in new areas. Understanding your strengths can build your confidence, maintain your self-esteem and assist you to develop strategies to optimise your lifestyle.

Tips

Use your strengths to compensate for the challenges you face.

- If repetition is one of your strengths, then use it as a key strategy in your daily life.
- If you find that visual cues assist you, then consider how you can make best use of this strength. Think about how you might use pictures, demonstrations, gestures or diagrams to enhance recall.
- If you still have good verbal skills,

use these to talk about your issues and to maintain contact with others.

- If you have a sense of humor, use it to distract or lift your mood when appropriate.
- Draw upon your positive personality traits to maintain relationships, to engage in activities, and to reduce the negative impact of changes.
- Continue to engage in well-learned activities to maintain your self-esteem and sense of purpose.
- If you have visual or more practical skills, then communication may be best undertaken through more nonverbal means. New tasks can be taught via visual demonstration and active participation.

What is younger onset dementia?

Dementia is a term used to describe problems with progressive changes in memory and thinking. Dementia can happen to anyone, and although it is far more common over the age of 65, it can affect younger adults. Younger onset dementia comes in many forms, with the most common types being Alzheimer's disease, vascular dementia, frontotemporal dementia and dementia with Lewy bodies. There are also many rare forms of dementia that may occur in adults. Dementia is not a normal part of ageing.

