**Dementia Voice DEEP Group, People living with Young Onset Dementia share their hints and tips to living well**

**Having strategies that help you to cope is really important**

* Seeing dementia as “ like having a faulty computer” – this helps make sense of it
* Having a routine and having things in the same place really helps
* We find it helpful to use a diary, it’s really helpful to know what you’ve done and what is planned (support with comprehension of time)
* Having lists of things that need to be done
* You want to be able to do what you used to be able to, but don’t give up – a prompt can work wonders
* We find that having work or something to do that gives structure to our day helps, as long as it’s constant and consistent
* It’s important to accept support that can help you achieve what you want, like taxi’s to get to places a bus pass or a buddi
* Doing things we enjoy, like walking, being a garden hacker, dancing or going to the pub!
* Recognising that there are different ways to solve a problem, don’t be afraid to make a mistake
* Highlighting the things we can do- eureka moments!! Having a sense of achievement
* Seeing the positives, even little things are an achievement
* Making sure you are financially secure, having the opportunity to plan
* Knowing that you’ll have good and bad days
* Planning ahead