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

**It’s important to have a positive attitude**

* Dementia challenges you to look at life differently, to still enjoy life. It’s important to be positive.
* We are all unique, we have different needs and can do different things
* Each and every day is another day’s life- a new day a bonus and a new opportunity
* Accept that each day is different
* We think it’s important to accept our limitations and try anyway
* It helps to share our diagnosis with others, others may be embarrassed but that’s their problem to cope with, you have to let things go over your head
* Don’t let things stress you
* Sometimes it gives you licence to say what you think
* I regard myself as lucky
* A sense of humour
* You have to live with it… **it can be done and done well**
* It’s challenging but making the most of opportunities is important