

## Starter Guide

This is a quick starter guide for the My Dementia Companion tool, the world's first smart dementia guide.

It is **FREE**, easy to use and all you need is a computer or smartphone.

Professionals and service providers can also use this to help their clients get started.

**Why we created My Dementia Companion**  
**Empowering** family and friend carers to look after their loved ones and themselves is important. However, the current support information designed to help them is **too overwhelming, impractical** and **not personalised** enough to guide them through their **unique journey**.

### Benefits


The My Dementia Companion tool solves this by **intuitively** providing **bite-sized** support information from professionals and **practical tips** from other carers, guiding you throughout your journey, from **early to late stage** dementia.

So instead of being overwhelmed and confused, carers can access useful strategies, tips and subsidy information they need to develop care and coping strategies to live well at home.

My Dementia Companion also helps organisations align to Aged Care Quality Standards.

## How to use it

It is a very easy-to-use online tool co-designed with ~100 carers and professionals.

1. Open your web browser and go to [mydementiacompanion.com.au](http://mydementiacompanion.com.au). Click on the orange **“Launch Tool”** button to begin.
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2. Enter your email address to **Register/Sign-In**, so you can keep track of your progress.
  3. We will send you a **single-use 5 digit code** to your email. Enter this code into the field. The code is valid for 3 minutes (if your work email blocks this, please use your personal email).
  4. Answer **5 short questions** for us to start personalising the support information.
  5. You are now in the main support part of the tool and you will see **3 columns**:
    - a) The far left column is the menu, which shows you are in the Current Topics tab,
    - b) The middle column contains a “Welcome” tutorial Topic plus the 3 Topics you have chosen in Question 5, and
    - c) The right column shows detailed information on your selected Topic.



6. In the **Current Topics** tab, click on the **Topic** called **“Welcome! Start here”**. Its content will appear in the third column as **Sections**, which will guide you through how to use the tool, including:
- How to find **practical tips** or share your tips to help other carers
  - How My Dementia Companion **tailors to your journey** and **saves your progress** (so you won't be lost while Googling)
  - How to save useful information to refer to later via the **“Save for Later”** function
  - Where to find extra support information via **“More Topics”** tab, which includes ~1,000 pieces of information covering all stages of the dementia journey.

### We are here to help

If you have any questions or need more help, please feel free to:

- Book in a free **live demo** [here](#)
- Watch our **3 minute intro video** [here](#)
- **Contact us** [here](#).

### Who we are

We are a social enterprise created by **passionate volunteers**. We have one mission, to empower carers to live better with dementia. We would,

- love your **feedback** to improve, and
- appreciate you **forward My Dementia Companion to other friends, family or clients to help them for FREE**.

### FAQs

- ❖ *Why do I have to register with my email?*  
So the system can remember your progress and you can save favourite items.
- ❖ *Why do you use a single-use code to Register/ Sign-In, not a password?*  
Feedback from carers were that a code is easier, because they prefer not to have to remember another password. Note, it's best to use a personal email as there may be delays with work email addresses.
- ❖ *Do I have to sign-in every time?*  
If you log out, then you need to sign-in. If you don't log out, you don't need to.
- ❖ *How long should I use the My Dementia Companion tool each time?*  
You can use it for as long (or as short) as you like each time. Because we know life gets busy, and each person's dementia journey is unique (progresses at different speeds), we designed the system to remember your progress when you exit and return.
- ❖ *What type of support information will I find here?*  
Support information from professionals and tips from other carers, guiding you to government subsidies plus strategies for coping and caring.
- ❖ *How do you ensure the information is quality?*  
We have an experienced team and robust quality assurance processes in place.
- ❖ *How often do you check for updates?*  
We check for updates fortnightly.
- ❖ *How does it personalise to my journey?*  
New Topics are added to your Current Topics tab based on how you use the tool and the disease progression. Information you see within each Topic is unique to you based on the answers you provide within the tool.
- ❖ *Can I contact you for if I have questions?*  
Yes, please Contact us [here](#).