



# My Choice: The information you need to help you to Live Well with Dementia

Implementation support

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The [My Choice: The information you need to help you to Live Well with Dementia booklet](#), is a free, accessible, evidence based information resource, designed by the Living Well with Dementia Implementation team at the Applied Research Collaboration Kent, Surrey and Sussex (ARC KSS) and Health Innovation Kent Surrey Sussex (HIKSS), alongside people with lived experience of dementia, and experts in various areas of dementia care.

It aims to give accurate and accessible information in a way that helps people living with dementia make informed choices to support their health and wellbeing now and for the future.

## Disclaimer

This resource has not been produced by NICE and is not maintained by NICE. In the event of any issues or errors, please contact [Kath Sykes](#), ARC KSS Implementation Lead.