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New Course Series Gives Families Living with Dementia Not Just Information - But A Way Forward

Person Centred Universe launches six on-demand courses to help families move from surviving the dementia journey to navigating it with confidence, clarity, and connection.

When a family member receives a dementia diagnosis, most families know where to turn for information. What they often cannot find is harder to describe: a way of understanding what is actually happening - to the person they love, to their relationships, to themselves - and how to move forward together.

Person Centred Universe (PCU) has spent more than a decade working alongside families and care organizations in this experience. Today, PCU launches a series of six on-demand courses designed specifically for families and informal caregivers - not to give them more information about dementia, but to help them find their footing within it.

The courses can be taken as a complete journey or selectively, depending on where a family finds itself. Together they address what families most commonly describe as the hardest to navigate: understanding the person behind the diagnosis, adjusting roles and relationships, making decisions around safety and independence, sustaining meaningful daily life, and knowing when and how to reach for wider support. Each course shifts not just what families know, but how they show up - in their relationships, their daily decisions, and their own resilience.

The need for this kind of support has been documented by researchers and dementia organizations for years. Alzheimer's Disease International's World Alzheimer Report 2022, dedicated entirely to post-diagnosis support, found that in higher-income countries, more than a third of people living with dementia had been offered no support beyond basic information at the point of diagnosis. Families are consistently left to find their own way through.

PCU's courses are not intended to replace the valuable resources offered by Alzheimer societies and dementia organizations worldwide, which do vital work informing and supporting families globally. These courses are designed to complement that work. Where information tells families what dementia is, these courses help them navigate who they are becoming within it, and how to care well for someone they love throughout the journey.

"Families don't just need to understand dementia - they need to find a new way of being together within it. That means working through the emotions, the relationships, the daily decisions, and the moments that feel impossible. These courses exist because that kind of support has been missing for a long time, and for too long, families have had to piece it

together on their own. We built these courses because we believe they shouldn't have to."

— Daphne Noonan, Co-Founder, Person Centred Universe

The courses are now available at personcentreduniverse.com, individually or as a full series, at any time and at your own pace.

About Person Centred Universe

Person Centred Universe is a dementia education and support organization grounded in person-centred values. PCU works with families, care professionals, and care organizations to change how dementia is understood and experienced - because every person living with dementia deserves to be known, respected, and seen, and so does everyone who cares for them.

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