

## Maintaining Emotional and Social Connections with LBD

### Tips to Maintain Healthy Emotional and Social Connections:

- **Talk it out.** Discuss changes that are being experienced that may affect relationships and social situations. Seek support and guidance from others or even professionals to work through emotional needs and develop strategies to remain connected. [Click here](#) to learn how to connect to our Lewy Line for support and possible resources in your area.
- **Accept, adapt, adjust.** As you consider what the future may hold, be flexible in how relationships are supported and approached. There can be ways to modify engagement and continue participation in enjoyable activities and interactions as abilities change.
- **Learn more about Lewy body dementia.** Education can be key in understanding potential changes in Lewy body dementia which can help all involved learn how relationships, friendships and the need for support may shift over time. Understanding these changes can help everyone involved remain resilient and supportive. Download or order [Facing LBD Together](#) to learn more about Lewy body dementia.
- **Learn from others.** Find support from others who have been on this journey that may have real-life tips on best supporting continued connections. [Click here](#) to learn about our online groups or to find a support group in your area.