

Discovering Dementia

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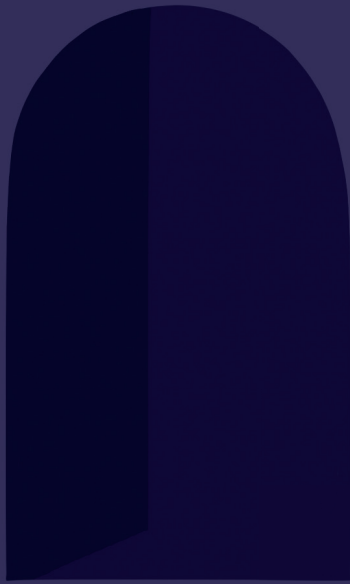
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DISCOVERING DEMENTIA







DISCOVERING DEMENTIA

The words at the bottom of the right-hand pages in speech bubbles are those of persons living with dementia.

SIMILARITIES / DIFFERENCES





Once you've met someone with dementia you've met someone with dementia.

EXPLORING





I'm tired, but I don't want to fall asleep because I'm thriving.

ALONENESS / COMMUNITY





I have found kindred spirits.

HOPE





It makes you feel proud when you do things for yourself.

HELP





It's important to tell my story, and to hear other stories.

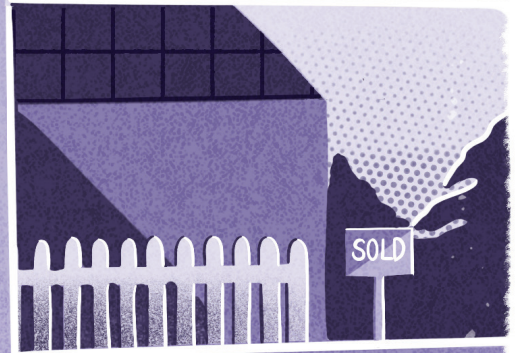
MEMORY





I'm becoming a better forgetter.

PAST / PRESENT



TODAY



Most of the time I live in the space I can see
and the time I call now.

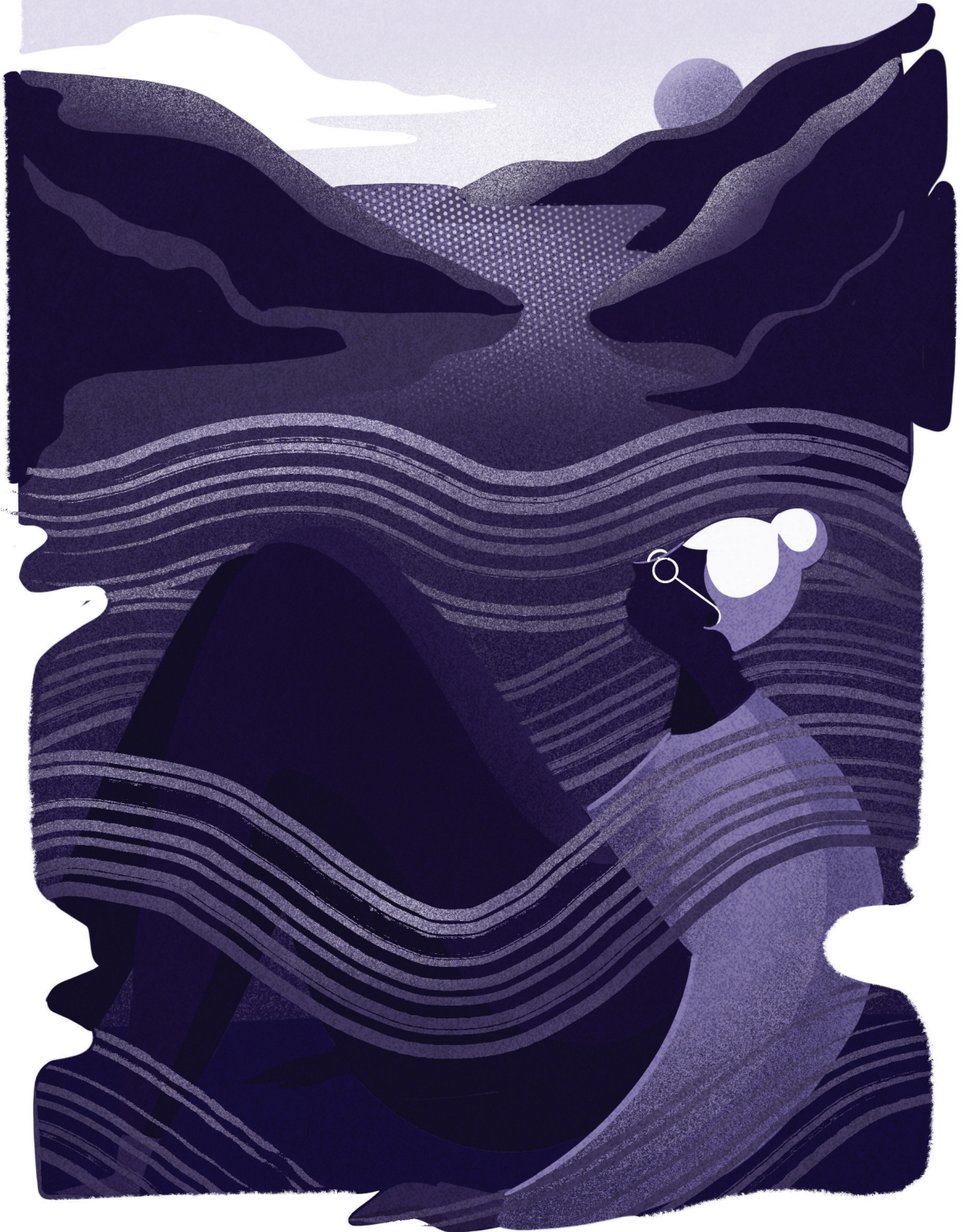
CONFUSION





It's important to think the right things or you turn in upon yourself.

FEELINGS





It's a licence to be free.

HUMOUR





I never felt so well - it's the laughter, it keeps me young, it beats all the drugs.

LANGUAGE





You and I speak the same language. Only you speak it straight, and I speak it upside down.

RELATIONSHIPS





Every time I look for home I find you.

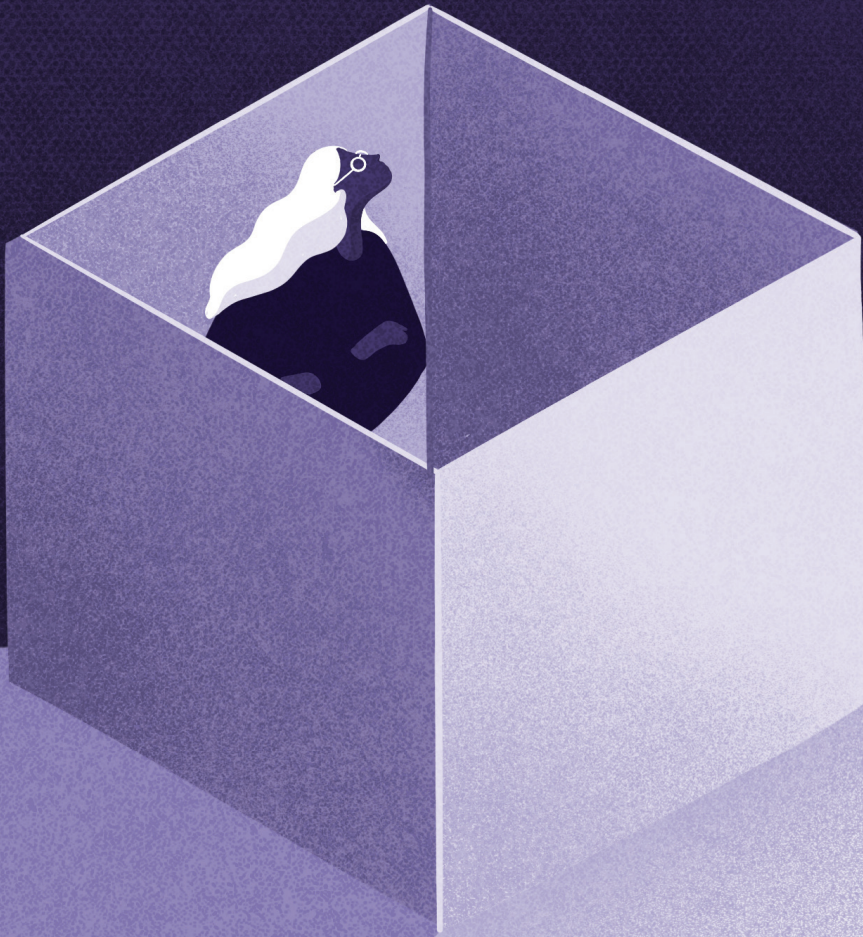
INTERESTS





Being active is important to get me through the day.

CREATIVITY





Being able to feel out of the box is what I'm picking up.
It will happen.

SELPHOOD





The unique essence of me is at my core, and this is what will remain with me to the end. I will be perhaps even more truly 'me' than I have ever been.



Created by

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Connecting People, Connecting Support
(www.dementiatogether.online)

Dementia Positive
(www.dementiapositive.co.uk)

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