

Dementia

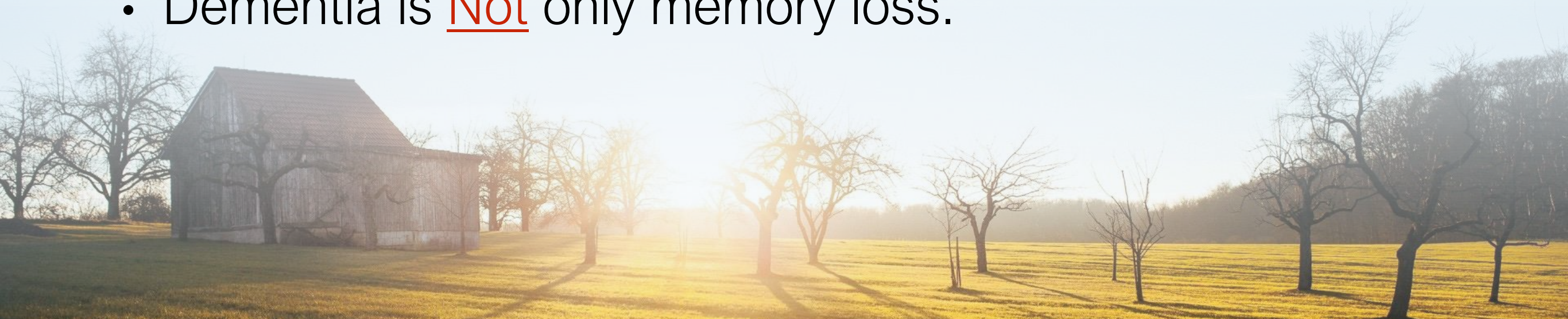
closed many doors: opened many others



John Quinn
Brisbane, Australia

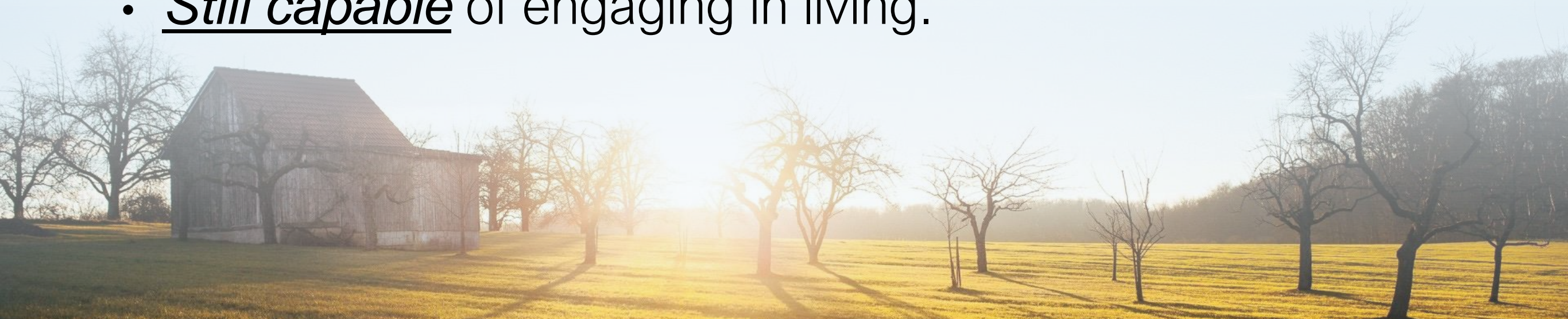
What does a person with Dementia look like?

- Collection of symptoms..disorders affecting the brain.
- Not a normal part of ageing.
- Not a Mental Health condition.
- **Degenerative**; terminal; no cure.
- Dementia is Not only memory loss.



Take Away messages

- Open your minds.
- Who are we as a person?
- In an ideal world.
- Significant implications for YOD.
- Still capable of engaging in living.



Early Days

50 years old: minor changes in behaviour;

- *subtle, vague, concerning;*
- *showing a new 'picture' of who I was becoming.*

Workplace:

- *struggling with planning; organising my day; learning new things.*

Tumultuous period:

- *No diagnosis to accept or deny*

“Rorting the system”; malingerer;

- *despair, hopelessness and alone.*





Different era:
Different mindset.



“If you’ve met one person with Dementia, then you’ve only
met one person with Dementia.”

Alois Alzheimer Professor of Psychogerontology, Bradford Uni UK:
Kitwood, T.

A Part of My Life

- Marathons;
- 20 half-marathons;
- Triathlon;
- 30 charity fun runs;
- Overland track, Tasmania.



Exercise Continued

- Camino de Santiago 2011;
- Walks in NZ;
- Larapinta Trail;
- Great Wall of China *half-marathon*;
- Mt Taranaki NZ;
- Camino de Santiago 2015.



New Regime

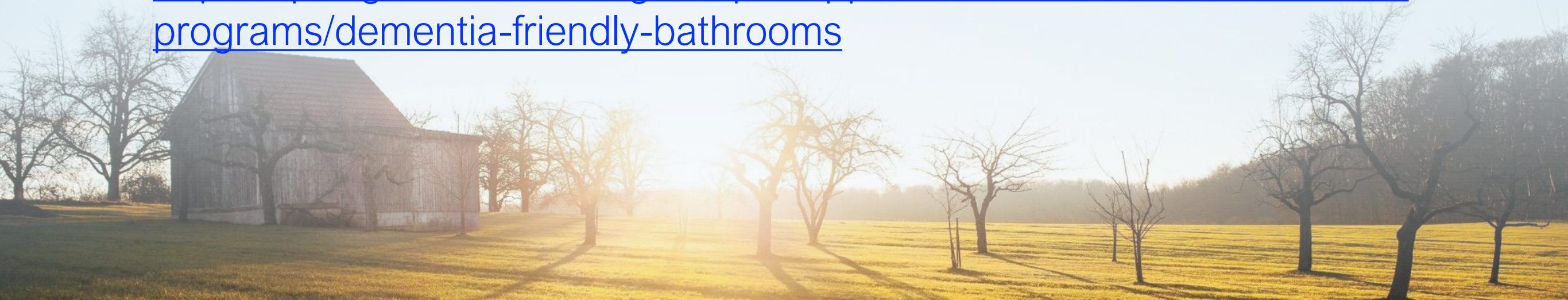
- Swimming;
- Water running;
- Cycling...

562 kms in 9 days.



Please share to others

- Agnes Houston MBE & Churchill Fellow:
- <https://www.facebook.com/hammondcare/videos/1106391446074340/>
- <http://www.dementiacentre.com.au/shop/dementia-skills/dementia-and-sensory-challenges-dementia-can-be-more-than-memory>
- Camino de Santiago Fundraising Challenge 'Dementia Friendly Bathrooms': \$75.00 voucher to take to Bunnings. To assist people living in Qld with YOD & with a visual challenge.
- <https://qld.fightdementia.org.au/qld/support-and-services/services-and-programs/dementia-friendly-bathrooms>



Turning Point

***“I can do this!
I can live well
with Dementia.”***

- Positive and encouraging;
- Profound effect;
- Self esteem and valued.



Lifestyle Considerations

N.....**N**utrition and hydration;

A.....**A**ttitude, **A**cceptance;

M.....**M**ental activities, **M**usic, **M**editation;

E.....**E**xercise, **E**njoyment;

S.....**S**ocial engagement, **S**upport, **S**leep, **S**etting goals.

What is your **NAMES**?

Look after your heart, and you look after your brain.

Nutrition

(and Hydration)

Hydration

Hydration

Attitude Acceptance



'See the Person' T-shirt
courtesy of Dementia Alliance International

Mental activities
Music
Meditation



Crosswords



Our backyard

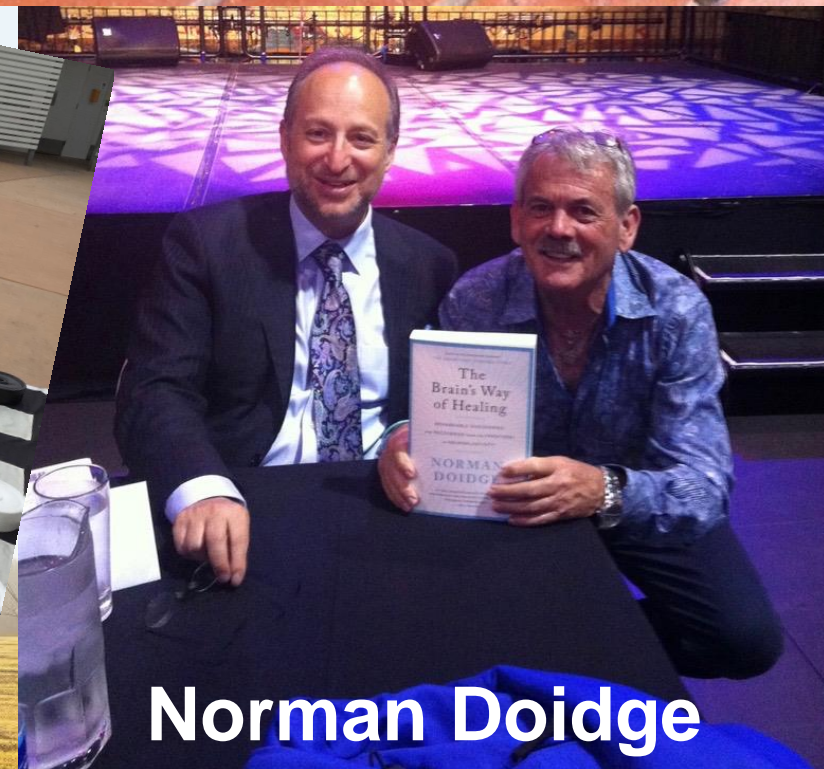


**Music in the middle of
??? ...
...on the Camino**

**nos gusta
hablar en
español**



Giant draughts



Norman Doidge

**Exercise
Enjoyment**



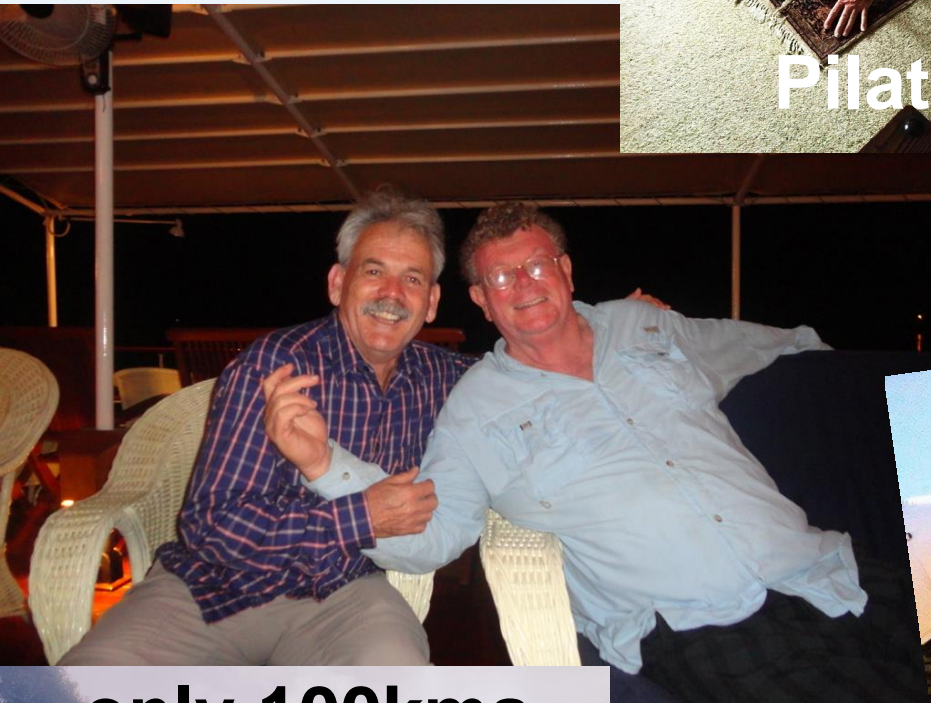
Pilates



**Pumpkin
rolling
FUNdraiser**



Cycle challenge



**only 100kms
to go.**



Social activity
Support
Sleep
Setting goals

Sue Pieters-Hawke



Supporting others



Life doesn't stop with a diagnosis of
dementia.

Provide us with every opportunity.

Raise your expectations.

Let us experience our full potential.

“There has to be a paradigm shift in the way we view
people with Dementia.”

Board-certified Internist and Geriatrician, Power, G.A. (2016) *Dementia Beyond Drugs.*

How could any Community support us better?

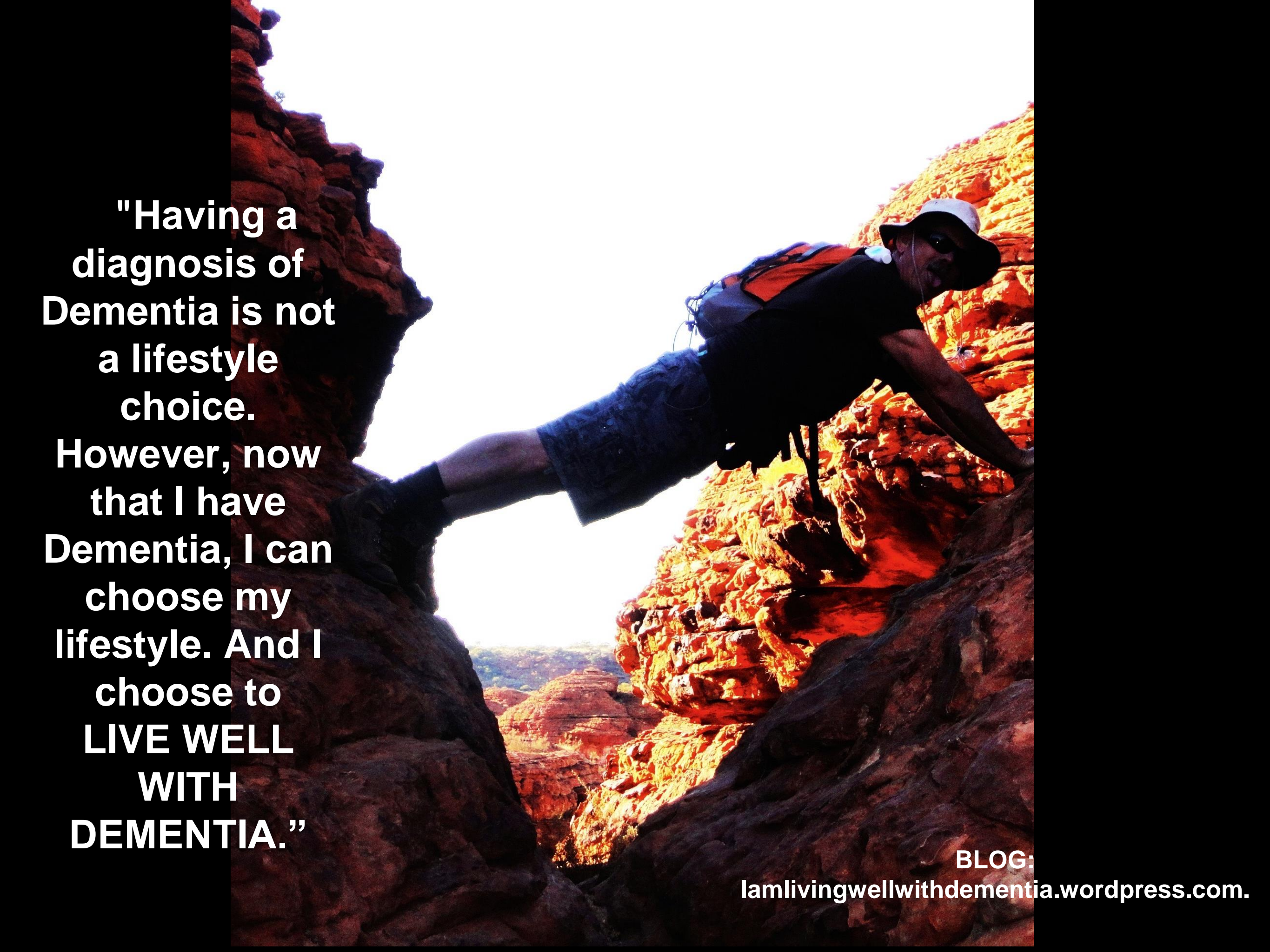
- *Dementia Language Guidelines:*

<https://www.fightdementia.org.au/resources/dementia-language-guidelines>

- *Enabling Environments:*

<http://www.enablingenvironments.com.au/audit-tools--services.html>



A man wearing a white bucket hat, sunglasses, a black t-shirt, and blue shorts is rappelling down a steep, reddish-brown rock face. He has a large backpack and is using a rope to descend. The background shows a vast, arid landscape with more red rock formations under a bright sky.

**"Having a
diagnosis of
Dementia is not
a lifestyle
choice.**

**However, now
that I have
Dementia, I can
choose my
lifestyle. And I
choose to
LIVE WELL
WITH
DEMENTIA."**

**BLOG:
[iamlivingwellwithdementia.wordpress.com.](http://iamlivingwellwithdementia.wordpress.com)**

Dementia affects ALL of us!

