

# Living Well with Dementia



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# What does a person with Dementia look like?

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





# 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.*

“Rorting the system”; malingerer;

- *despair, hopelessness and alone.*

Tumultuous period:

- *No diagnosis to accept or deny*





# 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.

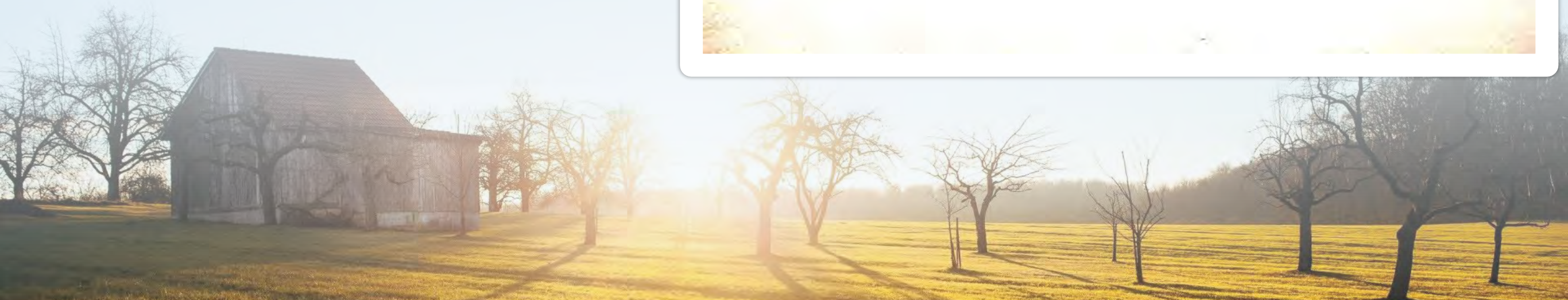




# New Regime

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

*562 kms in 9 days.*





# Turning Point

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

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





# Lifestyle Considerations

**N**.....Nutrition and hydration;

**A**.....Attitude, **A**ccceptance;

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

**E**.....Exercise, **E**njoyment;

**S**.....Social 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

CHARITY CAMINO CHALLENGE  
4 SEPTEMBER - 4 OCTOBER 2015  
I'M TREKKING 125KM FOR  
FIGHT ALZHEIMER'S  
SAVE AUSTRALIA

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# Attitude Acceptance



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



**Mental activities**  
**Music**  
**Meditation**



**Crosswords**



**Our backyard**

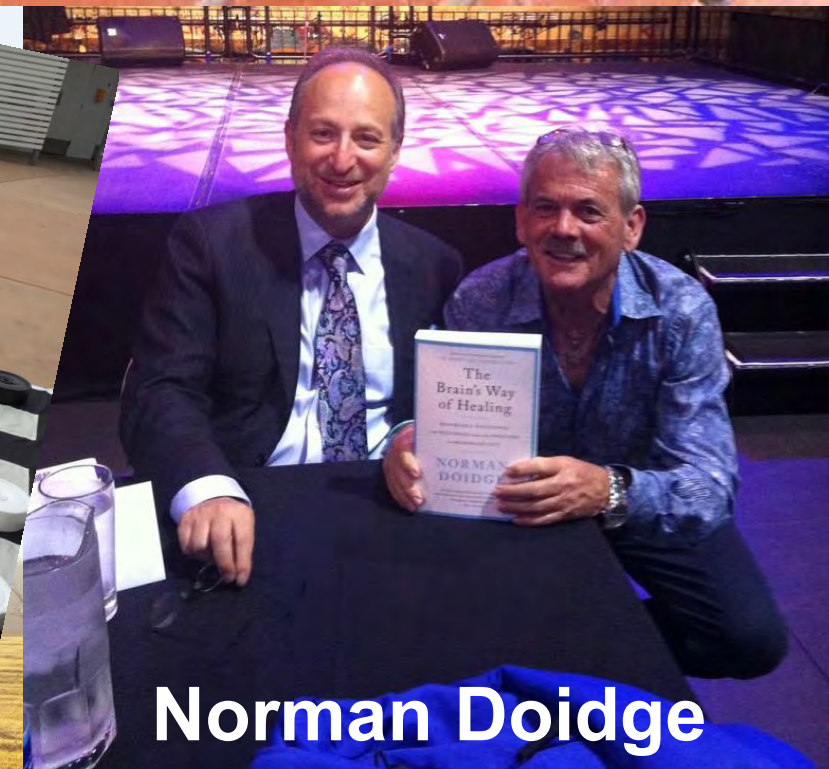


**Music in the middle of  
??? ...  
...on the Camino**

**nos gusta  
hablar en  
español**



**Giant draughts**



**Norman Doidge**



**Exercise  
Enjoyment**



**Pilates**



**Pumpkin  
rolling  
FUNdraiser**



**Cycle challenge**



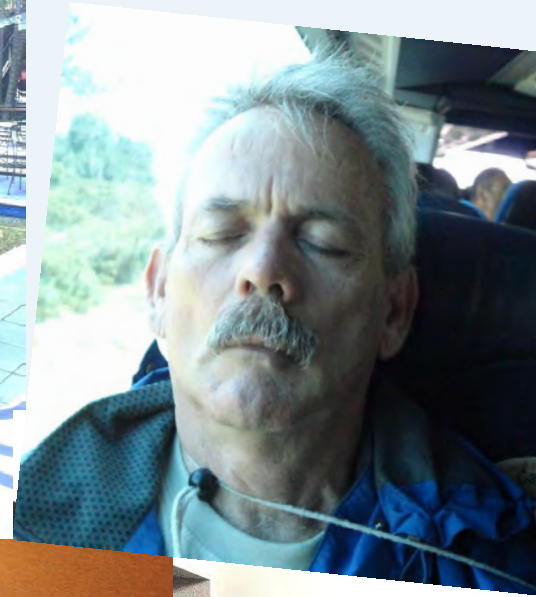
**only 100kms  
to go.**





Sue Pieters-Hawke

Social activity  
Support  
Sleep  
Setting goals



Supporting others



Supporting others



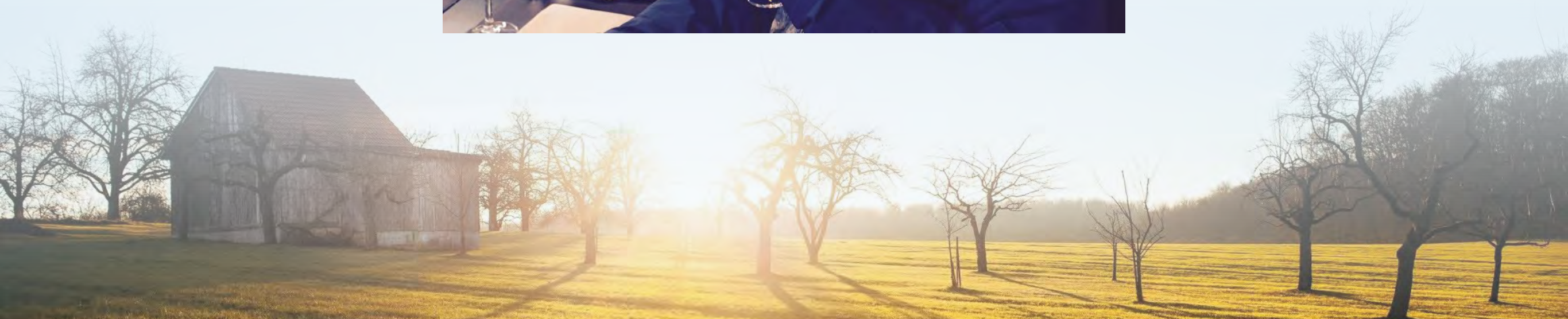
YOD 'Remember Me' Support Group



Great work



# Dementia affects ALL of us!





A misty landscape with a barn and bare trees. The scene is hazy, with a large barn on the left and several bare trees scattered across a grassy field. The sky is overcast and the overall tone is somber and reflective.

Words define who we are.

Please choose your words wisely.

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

Kitwood, T. Alois Alzheimer Professor of Psycho-Gerontology, Bradford University UK.



Remember ...

Treating me differently creates  
stigma

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A misty landscape with a barn and bare trees. The scene is foggy, with a large barn on the left and several bare trees scattered across a grassy field. The sky is overcast and grey.

Life doesn't stop with a diagnosis of  
dementia.

Provide us with every opportunity.  
Raise your expectations.  
Let us experience our full potential.

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Our community environments can  
be challenging to navigate.

Please consider everyone's needs  
in our public spaces.

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**“I am more than dementia.  
I am still John”**



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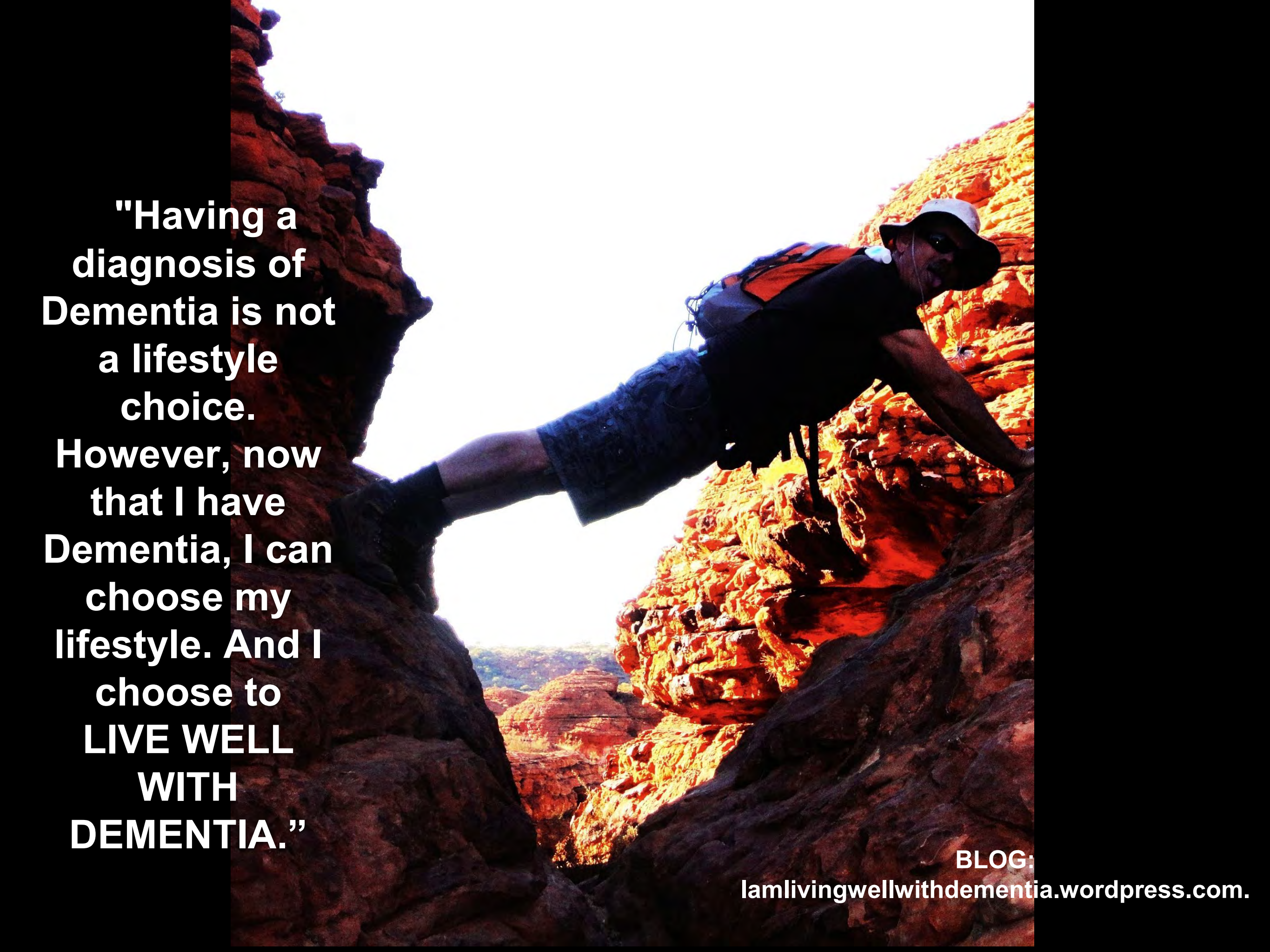
Ask US:  
We are the dementia experts!



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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)