Living positively with dementia

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My **UNSEEN** Disappearing World...
My life was interesting, busy and very fulfilling.
Dementia: My Story

http://www.youtube.com/watch?v=9ZUyIRq5DAAs
Atht X
Taht X
That √
The Three Stooges

Two is company, three is a crowd!!
Live every day as if it’s your last, just in case it is.
... it is imperative we understand the human cost of dementia.

Baroness Susan Greenfield, June 2011
Nothing about me without me.

Scottish Dementia Working Group, Glasgow
We are mothers, fathers, lovers, daughters, wives or husbands, employees or employers, grandmothers, aunties...

it is a tragedy that so many just see our deficits.
I know I am losing you and I am afraid of what the future holds.

Peter Watt, 2011
an anger that she had never felt before, an anger that would not go away... then the anger subsided and she was left with a deep, deep sadness ... I cannot contemplate what lies ahead ...

Joy Swaffer, 2009
Dementia

- Approximately 100 different causes / types of dementia
- 1 new diagnosis worldwide every 7 seconds (Alzheimer’s Disease International, 2012)
- No treatment for semantic dementia (Knibbs & Hodges, 2005)
- Terminal illness
- Accept it as a disease with disabilities, rather than an illness contributing to my demise
For the memory impaired, memory is like a stack of china
Dementia care is caring for people who often do not know they need care, and don’t want to be in care; no wonder we may become angry and upset!
We live until we die
PERMA Principles

- Positive emotion
- Engagement
- Positive relationships
- Meaning
- Accomplishment

I read then I forget... I read then I forget... I read, I take notes, and then I forget...

I blog and it is always there.
Life is not a dress rehearsal.
Ageing proactively

- Cultivate meaningful relationships
- Document the small but important things
- Question and understand your health state
- Keep working for as long as possible (paid or volunteer) in something you enjoy
- Exercise regularly and eat healthy
- Constantly challenge yourself by learning new things
- Eliminate / moderate your consumption of alcohol
Non pharmacological and positive psychosocial Interventions for dementia

- Studying
- Neuroplasticity
- Phenomenology
- Meditation
- Self Hypnosis
- Laughter
- Prayer

- Blogging
- Creative writing
- Volunteering
- Belief
- Exercise
- Nutrition
- Music therapy
Look after your health and brain


Are you happy?

Yes

Change something.

No

Do you want to be happy?

Yes

Keep doing whatever you're doing.

No

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“I don't care to belong to a club that accepts people like me as members!”

Groucho Marx
I am a person living with a diagnosis of dementia, with the emphasis on LIVING
My life continues to be busy, interesting and very fulfilling.
Thank you
Bibliography


