

University of South Australia
Successful Ageing in Australia

Living positively with dementia

Kate Swaffer

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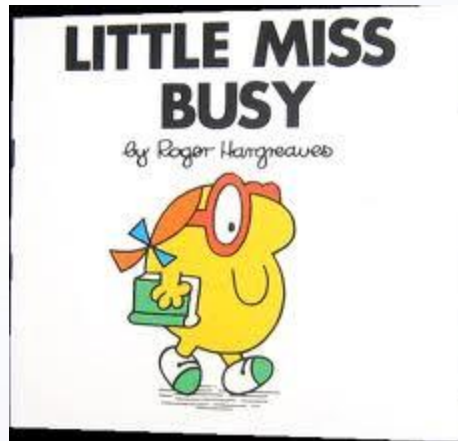


My *UNSEEN*
Disappearing
World...





My life was interesting,
busy and very fulfilling.



Dementia: My Story

<http://www.youtube.com/watch?v=9ZUyIRq5DAs>





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

(Seligman, M., *Flourish: A Visionary New Understanding of Happiness and Well-being*, Free Press, 2011.)



*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

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**ARE YOU
HAPPY?**

YES

NO

**CHANGE
SOMETHING.**

**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

kateswaffer.com

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