

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”; malingeringer;

- *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.



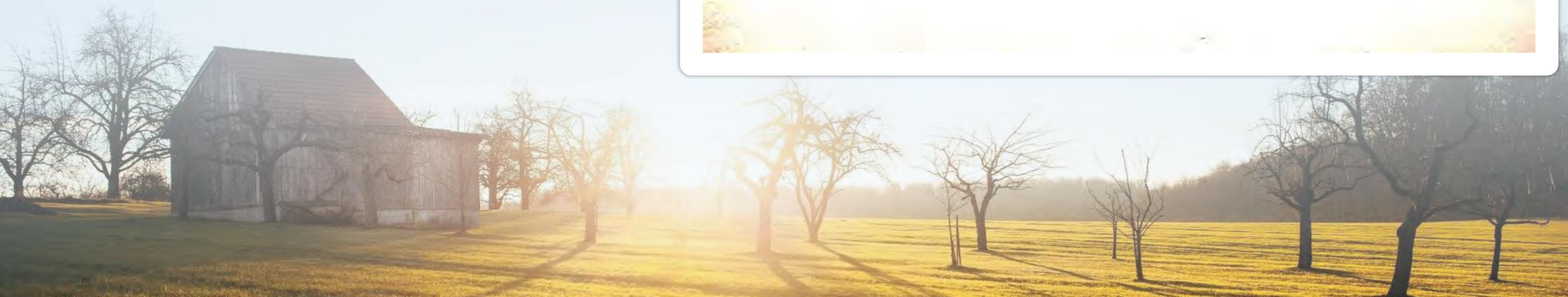
Exercise Continued

- 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**ceptance;

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

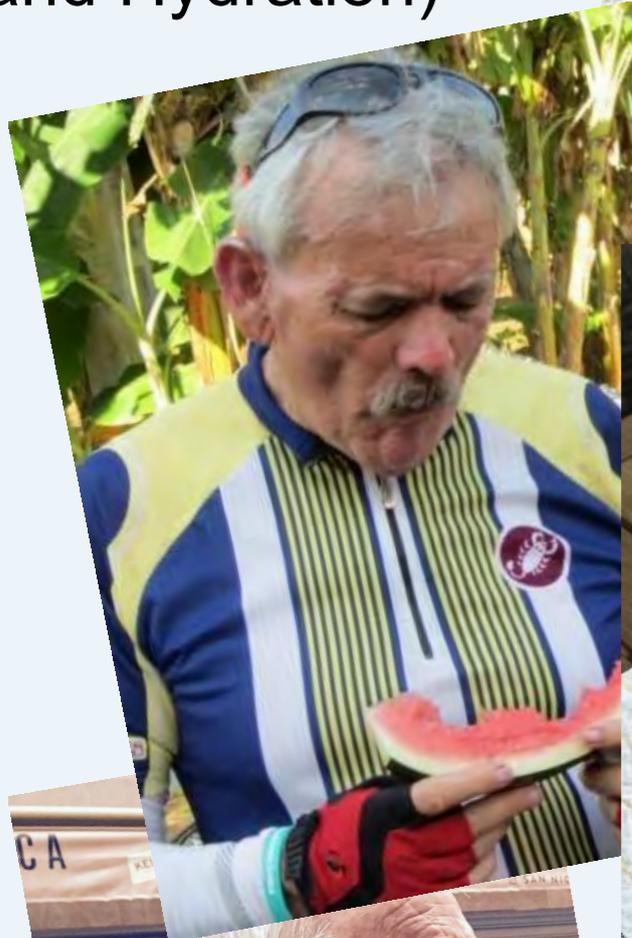
E.....Exercise, **E**njoyment;

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

Attitude Acceptance



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

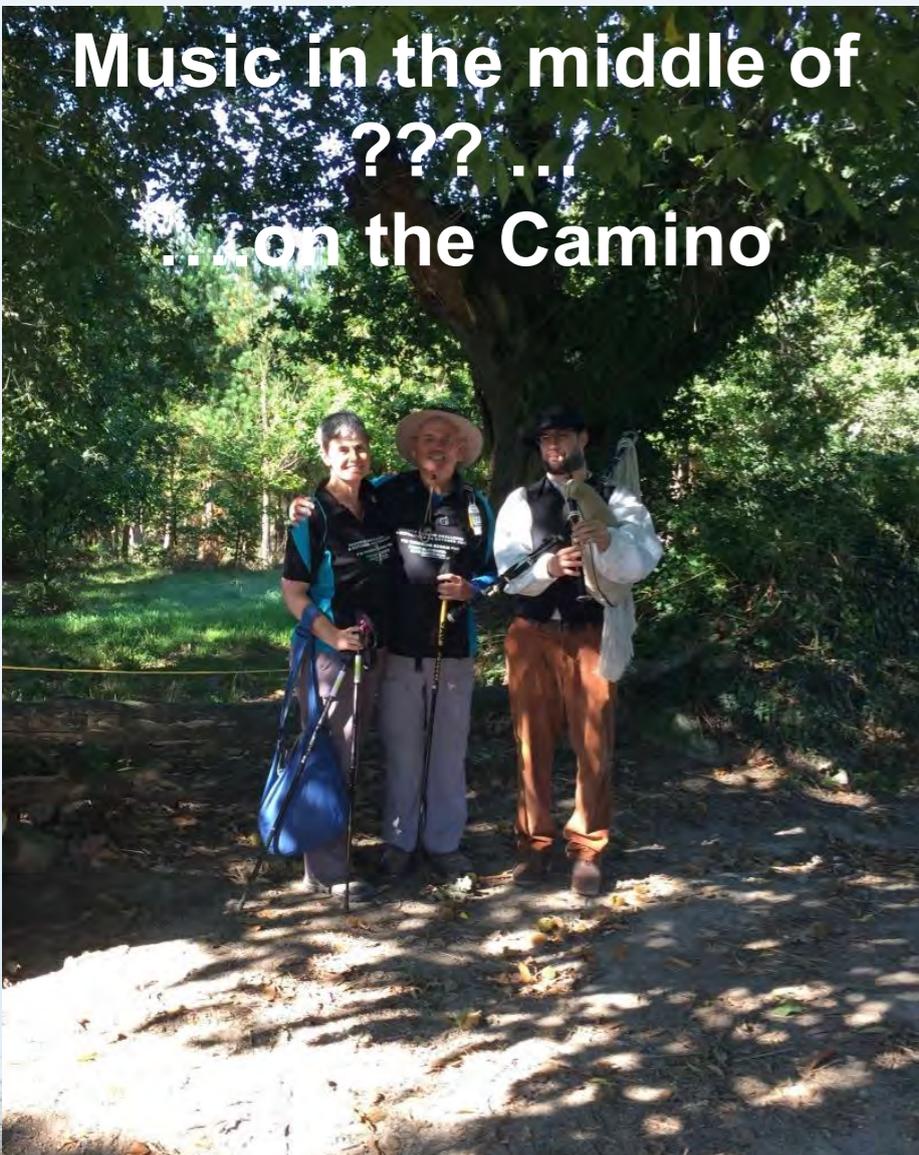
Mental activities
Music
Meditation



Crosswords



Our backyard

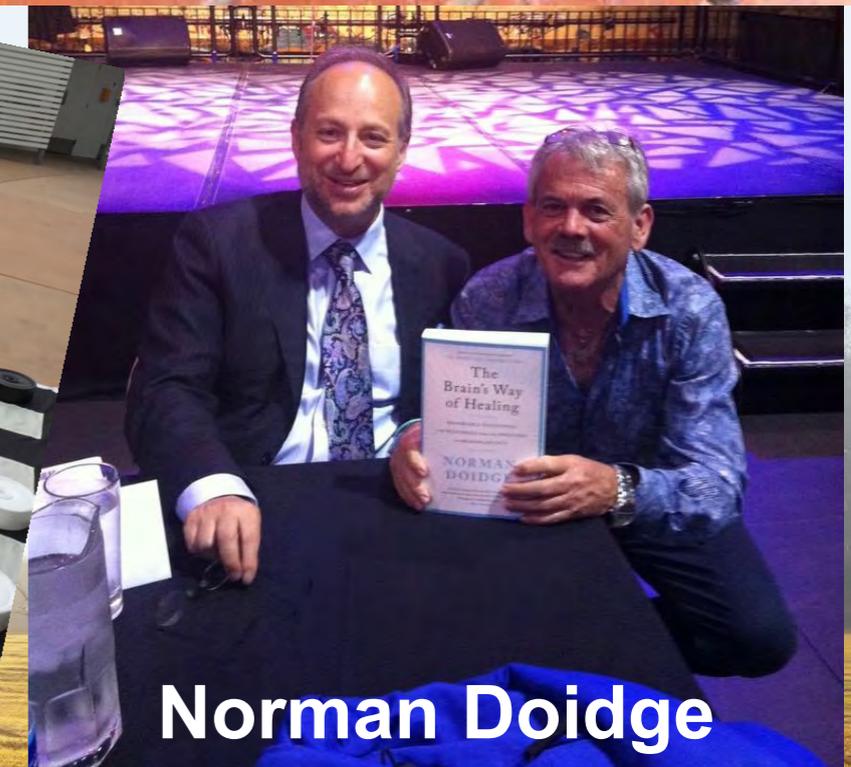


**Music in the middle of
??? ...
...on the Camino**

**nos gusta
hablar en
español**



Giant draughts



Norman Doidge



Exercise Enjoyment



Pilates

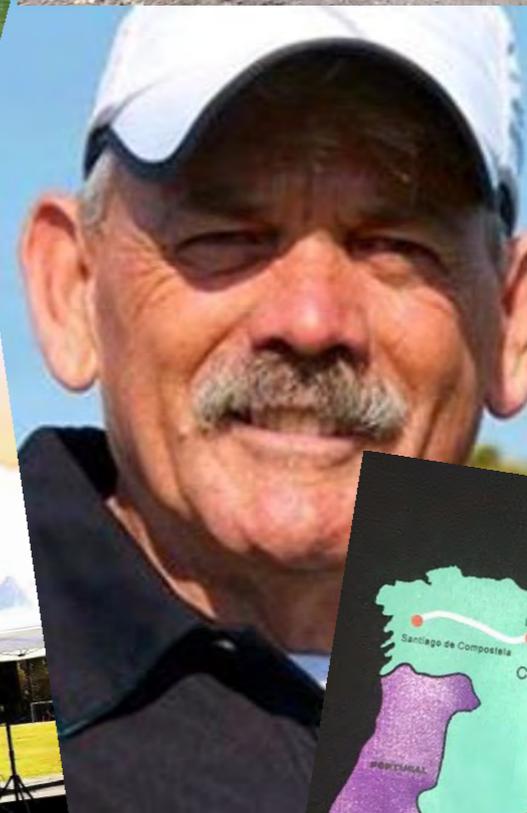
Pumpkin rolling FUNdraiser



Cycle challenge



only 100kms
to go.

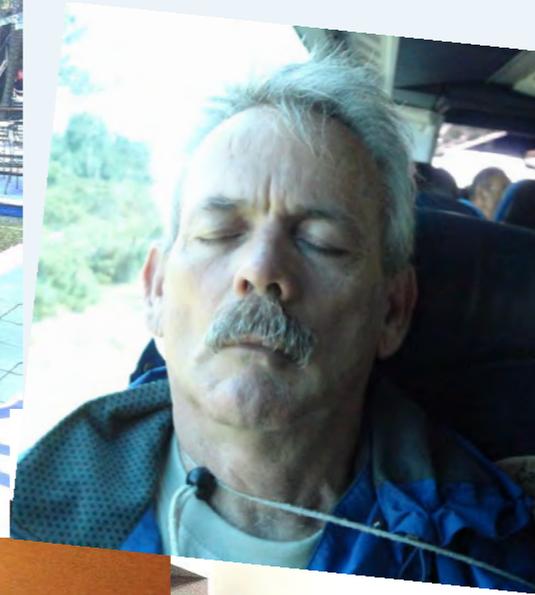


825kms

JOIN ME IN THE FIGHT AGAINST
EARLY ONSET DEMENTIA
OLD.FIGHTDEMENTIA.ORG.AU



Social activity
Support
Sleep
Setting goals



Supporting others



Supporting others

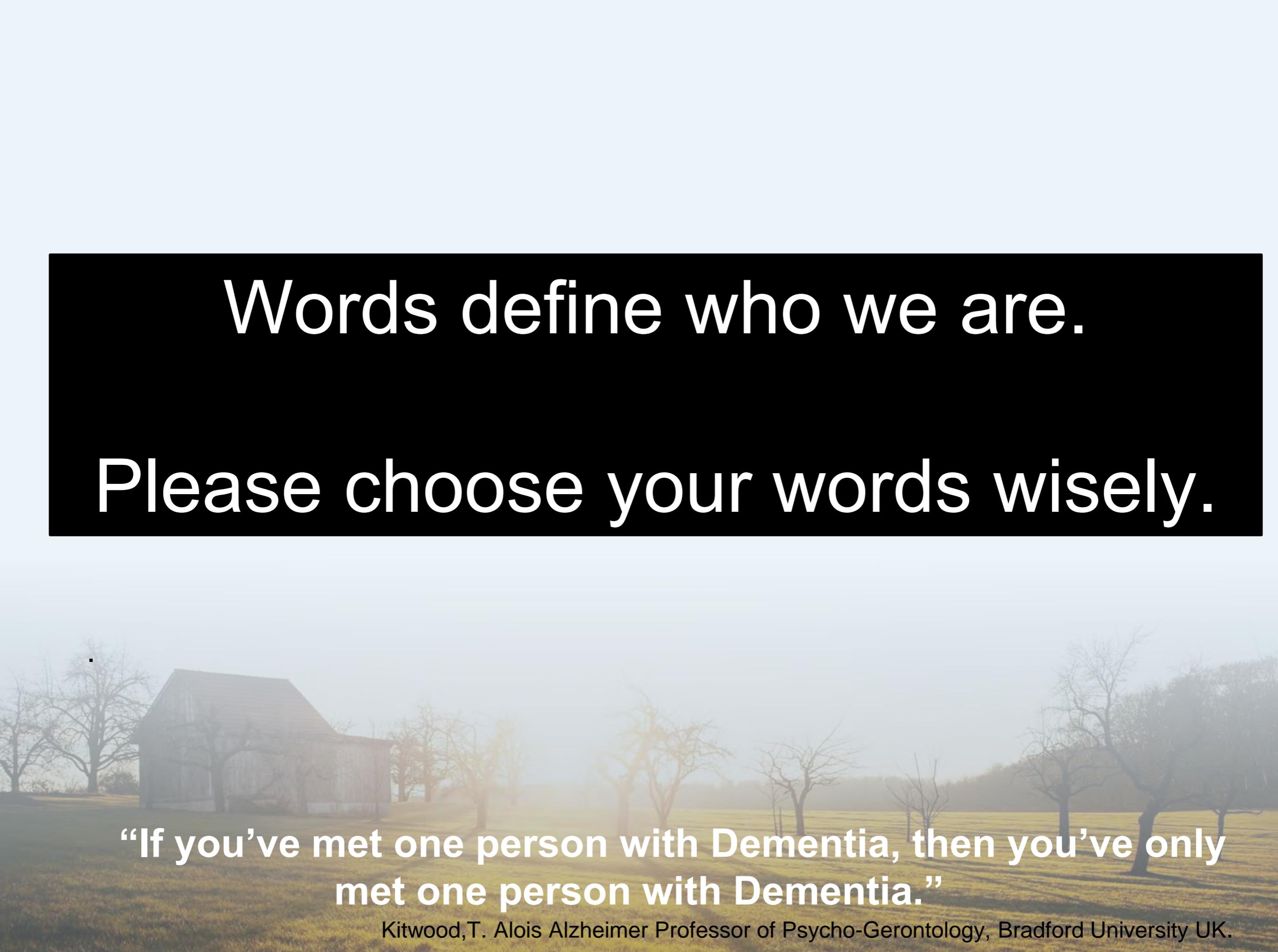


YOD 'Remember Me Support Group



Dementia affects ALL of us!



A background image of a rural landscape on a foggy day. A large, weathered wooden barn is visible on the left side, partially obscured by the mist. Several bare trees are scattered across the field, their branches silhouetted against the grey sky. The overall atmosphere is quiet and somewhat somber.

Words define who we are.

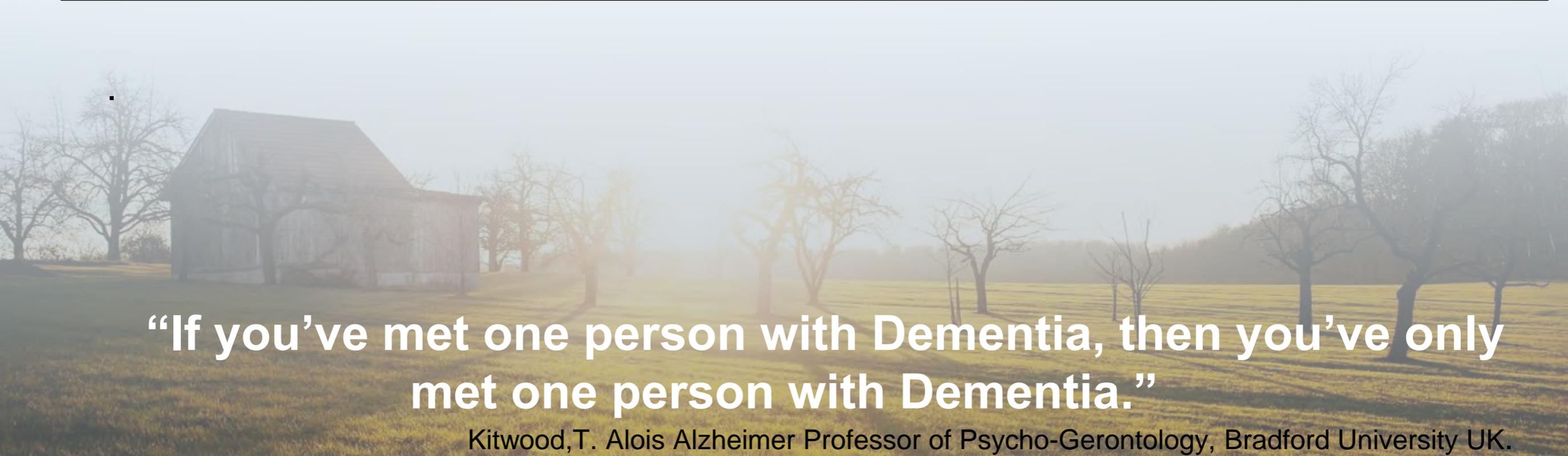
Please choose your words wisely.

“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.

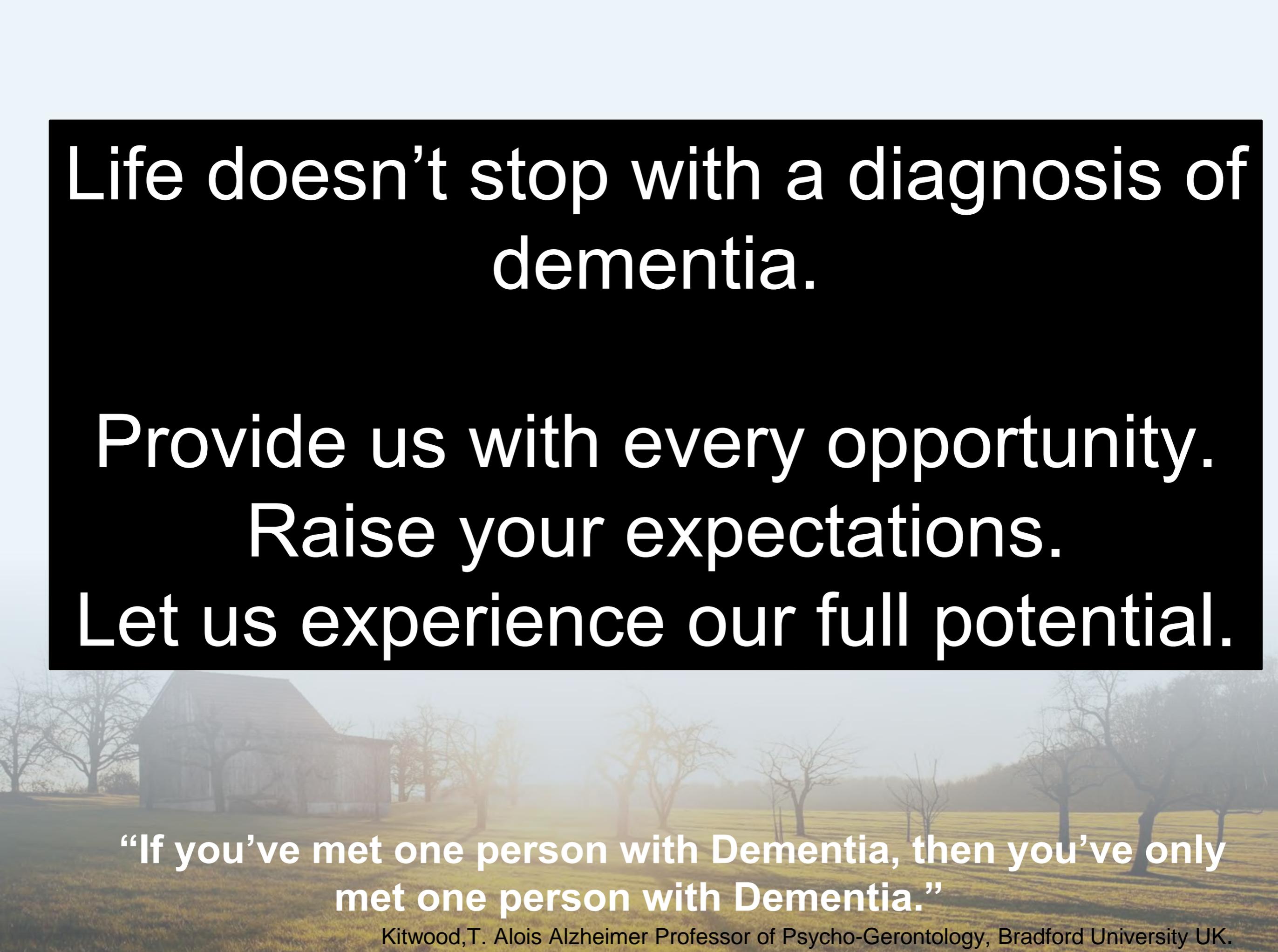
Remember ...

Treating me differently creates
stigma

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

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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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met one person with Dementia.”

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

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”**

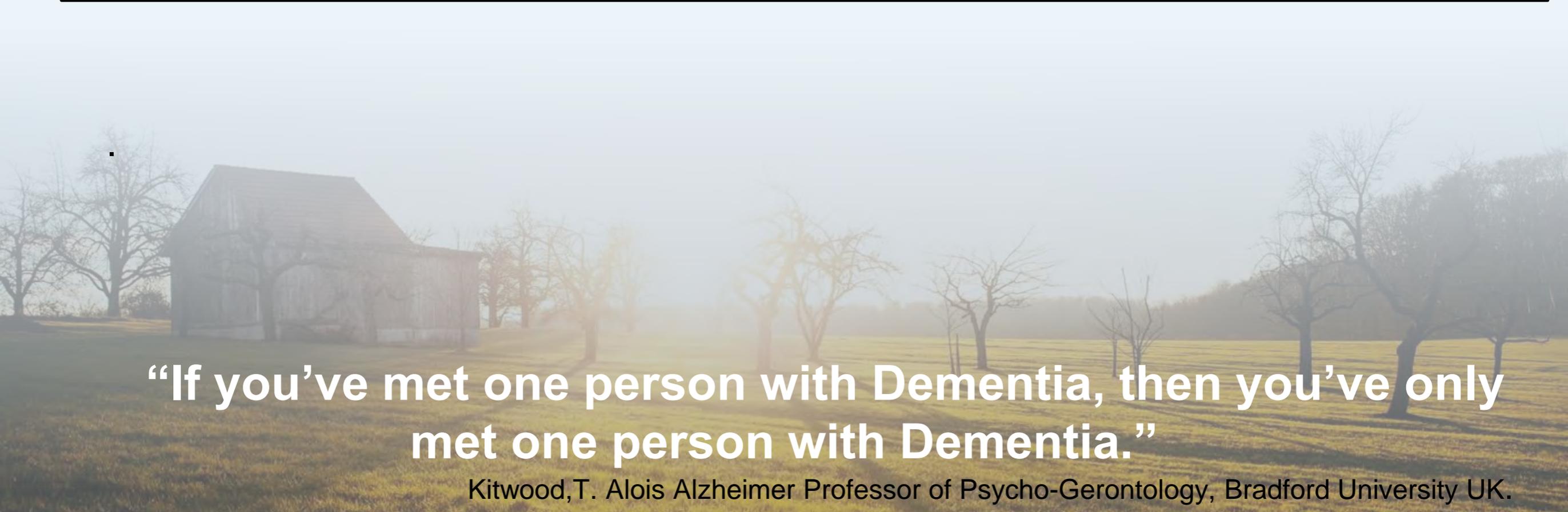


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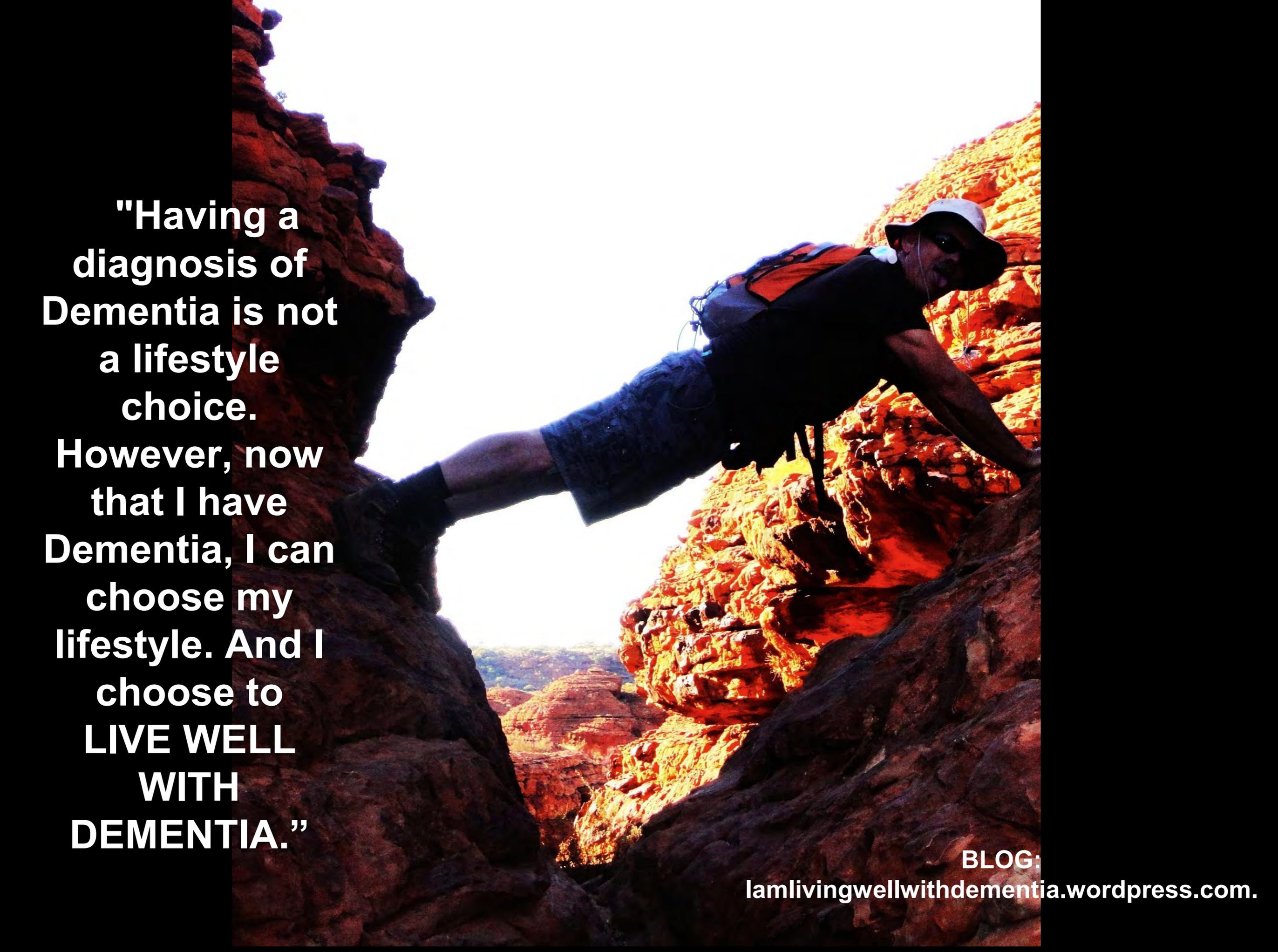


Ask US:
We are the dementia experts!



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

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A person wearing a white cap, sunglasses, a black t-shirt, and a backpack is climbing a red rock cliff. The person is leaning forward, with one foot on a ledge and the other extended. The background shows a vast, rugged landscape of 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)