

“What’s important to me?”

The Scottish Dementia Working Group (SDWG) is a national campaigning group, run by people with dementia. SDWG are the independent voice of people with dementia within Alzheimer Scotland and The Working Group campaigns to improve services for people with dementia and to improve attitudes towards people with dementia. (SDWG,2015)

To allow for each of the members voices to be heard, we decided with the group that a video could be made. The idea that we used was a questions and answer style project where members would be invited to answer the question “What’s important to me?”. 12 members took part and we chose to collate these images in a video.

This question could be used in many different situations and is simple and the answer is often quick and it can allow you to really make a difference to someone. By showing these images, we hope that this demonstrates that it is possible to live well with dementia.

SDWG are working to change the stigma and image attached to dementia and this adds to that work.

A special thanks goes out to the members of The Scottish Dementia Working Group that were involved in the project, Henry, Archie N, Peter, Agnes, Nancy, Anne, Carol H, Carol O, Archie L, John, Ross and Josie.

Thank you

Project compiled by Chris Cousins – Alzheimer Scotland Occupational Therapy Intern 2015

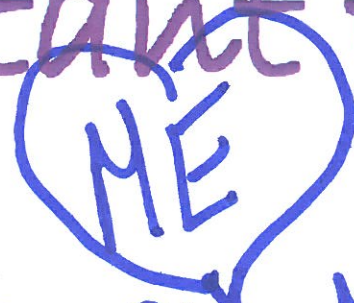


What's important to me?

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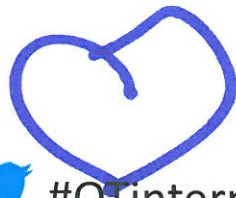
LIVING WELL WITH DEMENTIA IN
MY COMMUNITY WHICH I HAVE
STAYED IN FOR 40 YEARS

What's important to me?



- To LISTEN TO ON My
SENSORY CHALLENGES
- To Put INTO ACTION
OUR NEEDS.

AGNES



What's important to me?

I am still as independent
as I possibly can be.

To challenge stigma and that we
all work together to respect each other.

What's important to me?

MY INDEPENDENCE AND LIVING WELL

WITH DEMENTIA. TO THE BEST OF MY

ABILITY, AND NOT TO BE AFRAID

TO ASK FOR HELP, WHEN NEEDED,

What's important to me?

Dementia is NOT a
death sentence.

I am a fully paid up member
of society.

archie

What's important to me?

To BE A AMBASSADOR FOR SDWG AS it have
Given me a new and healthy life
know it keeping me happy Being
a bit of usefulness which I thought I
had lost
just Being ME. WHAT EVER

Card Hargreaves

What's important to me?

1. DON'T JUDGE ME. REMEMBER THE PERSON INSIDE.

2. WE ARE ALL THE SAME

3. DON'T PATRONISE ME

CAROL OVENSTONE

What's important to me?

My Family, good health
and living in my
Community.

To be treated WITH Respect

What's important to me?

FOR PERSON'S TO LISTEN & give
time to answer.

To be involved with new
people and put put at ease

Josie

What's important to me?

STAYING FIT AND HEALTHY
AND DRINKING LEMON BALM (MELISSA)

What's important to me?

1. AUTONOMY

2. KEEPING UP APPEARANCE
OF COMPETENCE AS LONG AS POSSIBLE.



3. WHEN YOU GIVE AN INCH
THERE IS NO WAY BACK.

Peter Mc Auglin

What's important to me?

To be heard. To be Listened to.

To be treated with dignity and respect. To be treated the same as we treat anyone else.

Ross Bantle



"Living well with dementia in my community which I have stayed in for 40 years"



"To listen to me on my sensory challenges. To put into action our needs."



"I am still as independent as I possibly can be. To challenge stigma and that we all work together to respect each other."



"Don't judge me, remember the person inside."



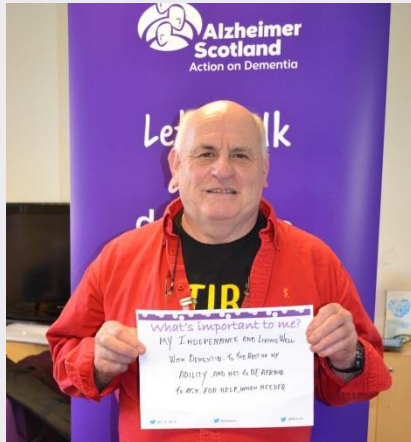
"My family, good health and living in my community. To be treated with respect."



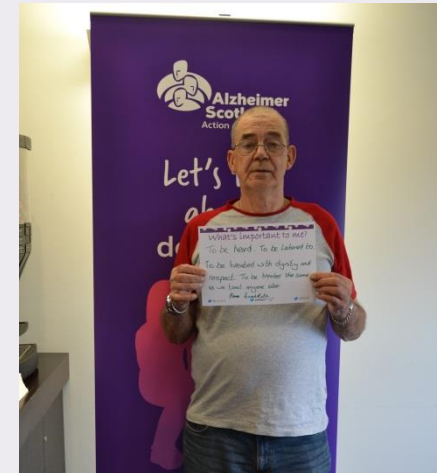
"For person's to listen and give TIME to answer. To be involved with new people and be put at ease"



“Dementia is not a death sentence. I am a fully Paid up member of society.”



“My independence and living well with dementia to the best of my ability and not to be afraid to ask for help when needed”



“To be heard. To be listened to. To be treated with dignity and respect. To be treated the same as we treat anyone else.”



“Staying fit and healthy and drinking Lemon Balm (Melissa)”



“Autonomy. Keeping up Appearance of competence as long as possible. When you give an inch there is no way back.”



“To be a Ambassador for SDWG as it has given me a new and healthy life. I know its keeping me happy being a bit of usefulness which I thought I had lost.
JUST BEING ME. WHAT EVER”

What's Important to me?

“Dementia is not a death sentence. I am a fully Paid up member of society.” - Archie

“Staying fit and healthy and drinking Lemon Balm (Melissa)” - Nancy

“To be a Ambassador for SDWG as it has given me a new and healthy life. I know its keeping me happy being a bit of usefulness which I thought I had lost.

JUST BEING ME. WHAT EVER” - Carol

“For person’s to listen and give TIME to answer.

To be involved with new people and be put at ease” - Josie

“My independence and living well with dementia to the best of my ability and not to be afraid to ask for help when needed” - Archie

“Living well with dementia in my community which I have stayed in for 40 years” - Henry

“To listen to me on my sensory challenges. To put into action our needs.” - Agnes

“I am still as independent as I possibly can be. To challenge stigma and that we all work together to respect each other.” - Anne

“Don’t judge me, remember the person inside.” - Carol

“My family, good health and living in my community. To be treated with respect.” - John

“Autonomy. Keeping up Appearance of competence as long as possible. When you give an inch there is no way back.” - Peter

“To be heard. To be listened to. To be treated with dignity and respect. To be treated the same as we treat anyone else.” - Ross



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