

Introduction

On the 8th October 2015 we posted a Vlog called “This is Me” by Henry Rankin, Chair of the Scottish Dementia Working Group. The work was developed in partnership with Chris Cousins, Alzheimer Scotland Occupational Therapy Intern. By February 2016 the film had over 604 views and 16 comments. You can view the blog post here: <https://letstalkaboutdementia.wordpress.com/2015/10/08/this-is-me-2/#comments>. The comments are included at the end

Blog Content : “This is me”

“This week’s blog post comes in the form of a video. Featured in the video is Henry Rankin, Chair of The Scottish Dementia Working Group reading his personal story in which he has entitled “**This is me**”. Sit back and enjoy this short video in which Henry challenges us all to think about how we look at someone living with dementia or what we remember about them.

<https://www.youtube.com/watch?v=xDM7Nd7yBSA>

We would like to add a special thanks to the fantastic Henry Rankin for his honesty and reflections. You can find information on The Scottish Dementia Working Group and some of their members at their website <http://www.sdwg.org.uk/> or follow them on twitter @S_D_W_G

The Scottish Dementia Working Group (SDWG) is a national campaigning group, run by people with dementia. We are the independent voice of people with dementia within Alzheimer Scotland.



We hope you have enjoyed watching and challenge you all to think...

- **What makes you who you are?**
- **If you met someone, what would they remember about you?**

We would also greatly appreciate any comments and feedback on this short video”.

Comments posted on the blog about the impact of the film

"What An inspirational video my wife has dementia and is now in a carehome with out Alzheimer's Scotland it would have been very hard for us but our Doctor recommended me to contact Alzheimer's Scotland and to contact social services who where a great help so all Doctors should put you in touch with these services"

"Firstly thank you for your 'This is Me'. It is fantastic. Secondly I hope your film is seen by many people who are diagnosed with a dementia and also, I hope professional people too see it. The film is inspiring. Unfortunately not everyone has your attitude to their reality when diagnosed, not knowing where to go, who to confide in and what can be done such as writing their 'This is Me' which truly is a useful document for their future. I wrote my uncle's 'This is Me' though it would have been better if it had been documented when he could have contributed himself. But it is better than none."

"Thank you for sharing your story , we met last year at Queen Margaret University, We hope that in future nobody will have to find out about their diagnosis this way , shameful"

"I would like to say thank you to Henry, as I am also a member of the Scottish dementia working group, for your inspiration and letting people know that there is life's after a diagnosis of dementia, Archie Latta"

"Such a positive video and I feel there isn't enough positive things said about dementia. My mother is a suffer at the age of 57 and although it is a horrible illness I get so much joy and happiness from spending time with her! She still has her sense of humour. Good luck to Henry and his championship! Such an inspirational man".

"I loved Henry's story. My daughter was born with a type of restricted growth or dwarfism called Achondroplasia. Many of the comments rang true with us too. Firstly most people get told what condition their child has immediately. We had to wait for 7 months, were told we would get told in person when we got an unexpected letter through the post. It took another seven months to see the geneticist again for him to tell us about the condition, which, like Henry we had found out about through Google. It is also a life altering condition, Anna's full adult height is likely to be around 4 foot. However it doesn't define who she is, or maybe it does but only in an amazingly positive way. I suppose my point is that when these things happen you think 'why me' but then you realise someone going through something quite different has faced similar challenges. Good luck with the bowling Henry!"

"Well done Henry, my friend in the SDWG understand all you say . Our voices will help, others coming to terms with a diagnose and we will share our knowledge of living well with this condition".

"A massive thank you to Henry for sharing his story. As a health care professional I take this video as a humbling reminder that we must consider people living with dementia beyond the label of their diagnosis. I am a firm believer that everyone has a gift to share with the world regardless of age, ability etc and Henry has shown us that those living with dementia are no different. Thank you Henry"