

In conversation with Scottish Dementia Working Group & National Dementia Carers Action Network

Elaine Hunter, February 2023

During your visit to Alzheimer Scotland today ... "what was important to you?"





"Speaking to those with lived experience & those who support them to continue to live a fulfilling life. Alzheimer Scotland continuing to push for awareness & education. Thank You!"

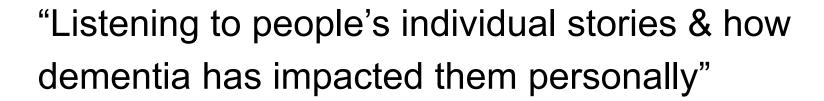
"Hearing stories about where they feel support lack for them in some healthcare, but can find it here and in others going through the same, understanding them more."

"To hear about dementia from the persons perspective "

The easy-going and comfortable nature that this was held. It became really easy to have a conversation when I was confortable & felt welcomed.

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"It was important to me to get a different perspective. i.e. from carers to also realise that dementia is a lot more than memory"

"What was important to me was hearing the personal stories of everyone"

"Listening to experiences"

"Thank you for today! Incredibly informative, I learned things about dementia I'll carry for the rest of my career"



"It was important to hear that there are centres like



these – offering over & above support for people with dementia & their families. It was inspirational to listen to people's stories & the people working in the centres, caring over and above for people."

"To learn about the variety of abilities people with dementia have.

"Not to underestimate people diagnosed with dementia (& those who care for them) Kenny and Marion were inspirational. Huge thanks."

"Today I learned there are over 100 different strains of dementia. That using pictures on household cupboards support independence. Independence is the most important thing for those with lived experience. Cards with their information is greatly supportive"

"The amount of support given to people & their families Scotland in all different aspects, and to learn about the independence people with dementia can still have if they have the right support"

"Something important that I have taken away from today is that dementia and Alzheimer is not just about memory"

"To better understand both the lived experience of both the person and carers"

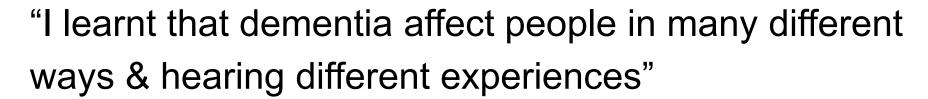
"Learning diagnosis can come very early and age of a person"

"Something I enjoyed & was important to me was seeing the joy that Alzheimer Scotland brings to people and how it fills them with hope and a sense of togetherness. Hearing all the stories was really interesting to me and made my day"



"I felt that it was important for me to learn how much variation there is, I had it in my head that everyone had the same symptoms but in fact it is different for all"







"Enjoyed and listened to lived experience"

"It's good/helpful to understand that each person is an individual, not everyone with dementia is the same"

"It was important for me to learn more about Alzheimer & how everyone is different"

"Thank you so much for the opportunity. It was really important for me that a face was put to the condition we are studying & that brain health has opened up to us, a holistic approach"

"How dementia is different for each person & their lived experience is all different"



"How caring for someone with dementia can impact them as well"

"I learnt about how dementia doesn't just affect the person with the disease and a good support system is critical"

"Something important that I learned was that dementia isn't just losing your memory, & it's highly stigmatised within society to be a mental illness when it's not"

"What was important for me was hearing personal stories on how dementia not only impacts the person but also those closest to them"



