



Anxiety and Dementia: Conversation Guide

Created by persons living with dementia through the National Council of Dementia Minds

Thank you for being here and for taking time to engage in this conversation together. Anxiety is something many people experience at different points in life. When discussing anxiety as it relates to living with dementia, people may notice changes in how anxiety shows up, what triggers it, and how it is understood or managed. This conversation is not about diagnosing or fixing anxiety. It is about listening, sharing experiences, and learning from one another.

As we talk, we encourage respect, curiosity, and openness. People may have different experiences, perspectives, and needs, and all of those belong here. We ask that we center the voices and experiences of persons living with dementia while making space for care partners and professionals to listen, reflect, and share thoughtfully.

Conversation Invitations

Use any of the invitations below to guide reflection. Participants may respond in any order and share as much or as little as feels comfortable.

1. **I'm wondering what stood out in the video**, including anything that felt true, reassuring, surprising, or hard to hear.
2. **For people living with dementia**, I'm interested in what situations tend to bring up anxiety and how people notice it starting.
3. **For care partners and professionals**, I'm interested to hear your experiences when your person begins to feel anxious or unsettled.

4. **I'm curious about situations or changes that tend to increase anxiety** and how people notice those patterns over time.
 5. **For care partners and professionals,** I'm interested in what you have learned from your person about what helps when anxiety shows up.
 6. **I'm curious about what people do to support themselves or others** when anxiety begins to build.
 7. **I'm wondering what helps people talk about anxiety openly** and what can make those conversations more difficult.
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Closing

Thank you for the openness and care you brought to this conversation. Talking together about anxiety can create space for better understanding, shared learning, and approaches that support well-being.

There is no single “right” path when it comes to risk and safety with dementia. What matters is keeping communication open, centering the voice of the person living with dementia, and finding ways to stay connected and involved at every stage of the journey.

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