



## Dementia & Depression: 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 watch the video together. Depression can be a difficult and sometimes quiet part of living with dementia. It may affect mood, motivation, relationships, and how a person experiences daily life. This conversation is not about diagnosing, fixing, or solving depression. 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.

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### 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 how depression shows up in daily life and how people notice it beginning or changing.
3. **For care partners and professionals**, I'm interested to hear your experiences when your person begins to show signs of depression.

4. **I'm curious about what helps when depression starts to settle in**, as it pertains to the experience of the person living with dementia.
  5. **I'm wondering about the quieter or less talked about ways depression can show up**, such as withdrawal, irritability, numbness, or changes in sleep or interest.
  6. **I'm interested in what care partners and professionals do that helps** when depression shows up, and what does not help.
  7. **I'm interested in hearing what may make conversations about depression easier to begin** and what can make them feel challenging or uncomfortable.
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## Closing

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

There is no single “right” path when it comes to depression and 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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