



Frustration & 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 watch the video together. Frustration is something many people experience in daily life, and dementia can add layers of complexity, emotion, and fatigue. Today's conversation is not about eliminating frustration but about understanding it and sharing ways people navigate it with compassion.

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 lead to frustration 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 frustrated.

4. **I'm curious about what helps when frustration starts to build**, as it pertains to the experience of the person living with dementia.
 5. **For care partners or professionals**, I'm interested in how you support the person you love when frustration shows up, especially when you feel frustrated too.
 6. **I am curious if anyone thinks about their frustration as a secondary emotion** and whether they have noticed other feelings underneath it.
 7. **I'm interested in what care partners and professionals do that helps when frustration shows up, and what does not help.**
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Closing

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

There is no single “right” path when it comes to frustration 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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This resource was made possible through generous support from the Arthur N. Rupe Foundation. For more information on how to use our recourse guides, visit our website at www.Dementiaminds.org

