



Risk & Safety with 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. Risk and safety are part of everyday life for everyone. When discussing risk and safety as it relates to living with dementia, conversations often include additional layers of meaning, values, and perspective. This conversation is not about eliminating risk or making decisions in this moment. It is about listening, sharing experiences, and exploring how people think about safety, independence, dignity, and choice.

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 persons living with dementia**, I'm interested in how thoughts about risk and safety show up in daily life and decision-making.

3. **For care partners and professionals**, I'm interested in what risk and safety look like when supporting a person living with dementia.
4. **I'm wondering whether people tend to think more about risk for themselves** or risk for others when making decisions about safety.
5. **I'm interested in hearing how people navigate conversations about safety** while still honoring dignity.

I'm interested in hearing about strategies people have tried to balance independence and safety. What has helped? What has not helped?

6. **For persons living with dementia**, I'm interested in what care partners do that feels supportive around risk and safety, and what does not feel helpful.
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Closing

Thank you for the openness and care you brought to this conversation. Talking together about risk and safety 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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