



Depression & Dementia

A Conversation Guide for Persons Living with Dementia

Thank you for being here and for taking the time to engage in this conversation with us.

Depression is something many people experience in daily life. Living with dementia can add new challenges to experiencing and expressing depression. Today's conversation is not about eliminating depression. It is about understanding depression and navigating depression with empathy and compassion.

CONVERSATION AGREEMENTS

As we engage in this conversation, we also invite you to:

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| ✓ Respect every person's feelings, whether you understand them or not. | ✓ Suspend judgment and seek to understand each person's experience with empathy. |
| ✓ Pause for reflection before responding. | ✓ Listen to connect, not to correct or fix. |

DISCUSSION PROMPTS

1. I'm wondering what stood out to you as you listened to people living with dementia share personal experiences with depression.
2. I'm interested in hearing whether the experiences shared in the video felt familiar or different from your own experiences with depression and dementia.
3. I'd be interested in hearing how depression shows up in your own life and what situations, experiences, or changes may contribute to feelings of depression.
4. I'm wondering what you've found helpful in navigating depression.
5. Would anyone like to share what has helped you stay connected with family, friends, or professionals during times of depression.
6. I'm wondering what else you'd like family members, friends, or professionals to understand about depression and dementia.

TAKE IT FURTHER

- How will you share what you've learned today with family, friends, colleagues, and your community?
- What is one thing you can do to help someone living with dementia feel heard, understood, and supported during moments of depression?

Depression is a signal, not the whole story. Thank you for listening with curiosity and compassion today.

