Anxiety & Dementia

A Conversation Guide for Professionals

Thank you for being here and for taking the time to engage in this conversation with us. Anxiety is something many people experience in daily life. Living with dementia can add new challenges to experiencing and expressing anxiety. Today's conversation is not about eliminating anxiety. It is about understanding anxiety and navigating anxiety with empathy and compassion.

CONVERSATION AGREEMENTS

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

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

DISCUSSION PROMPTS

1. As you listened to the personal experiences shared in the video, I'm curious what challenged or reinforced your understanding of anger and dementia.
2. I wonder how these experiences might change the way we understand or interpret anger in a person living with dementia.
3. Based on what persons living with dementia shared, I'm interested in what emotions, needs, or experiences may be communicated through anger.
4. I'm curious how recognizing what may be behind anger could shape the way you respond in your professional role.
5. I wonder what approaches can help preserve connection, trust, and dignity when a person living with dementia is experiencing anger or frustration.
6. As we close, I'm interested in what you're taking from today's conversation that could influence your professional practice.

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 anxiety?

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