



Cognitive Energy & Dementia

A Conversation Guide for Family and Friends

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

Cognitive energy is something everyone uses throughout the day. Living with dementia may mean that thinking, concentrating, making decisions, communicating, or managing everyday tasks requires more energy than they once did. Today's conversation is not about pushing through or doing more. It is about understanding cognitive energy, learning from people living with dementia, and exploring ways to preserve energy while continuing to live well with dementia.

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. What stood out to you in the video?
2. What surprised or challenged your thinking?
3. What emotions or experiences might exist beneath what looks like a cognitive energy shift?
4. What do you think persons living with dementia most wanted you to understand about cognitive energy?
5. How might today's conversation change the way you respond when a person living with dementia seems depleted of cognitive energy?
6. What is one idea you will take with you from today's conversation?

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 cognitive energy shifts?

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

