



Cognitive Energy & 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.

Cognitive energy is something everyone uses throughout the day. Living with dementia may mean that thinking, concentrating, making decisions, communicating, or managing everyday tasks require 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. I'm wondering what stood out to you as you listened to people living with dementia share personal experiences with cognitive energy.
2. I'm interested in hearing whether the experiences shared in the video felt familiar or different from your own experiences with cognitive energy and dementia.
3. I'd be interested in hearing how cognitive energy shifts in your own life and what situations, experiences, or changes may contribute to cognitive depletion.
4. I'm wondering what you've found helpful when your cognitive energy begins to run low.
5. Would anyone like to share what has helped you stay connected with family, friends, or professionals when your cognitive energy is low.
6. I'm wondering what else you'd like family members, friends, or professionals to understand about cognitive energy 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 cognitive energy shifts?

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

