



Driving Changes & Dementia

A Conversation Guide for Professionals

Thank you for being here and for taking the time to engage in this conversation with us. Driving is about much more than getting from one place to another. For many people, it represents independence, identity, freedom, and connection. Living with dementia can make decisions about driving more complex. Today's conversation is not about deciding whether a person should or should not drive. It is about listening to people living with dementia, learning from lived experience, and exploring ways to support safety, independence, and meaningful connection when driving concerns arise.

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. 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 driving challenges?

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

