



Living Well & 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.

Living well with dementia means something different for everyone. It is not about ignoring the challenges that dementia can bring. It is about adapting to change, staying connected, finding purpose, doing what brings you joy, and making the most of each day. Today's conversation is about sharing experiences, learning from one another, and exploring what living well with dementia means to each of us.

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 perspectives on living well.
2. I'm interested in hearing what living well with dementia means to you, whether that involves relationships, purpose, hobbies, work, volunteering, faith, or everyday moments.
3. I'd be interested in hearing how the idea of living well feels to you, including times when living well may not feel possible.
4. I'm wondering what helps you stay connected to the people, activities, and experiences that are meaningful to you.
5. I'm wondering what else you'd like people to understand about what it means to live well with dementia.
6. As we bring today's conversation to a close, I'm interested in hearing what you're taking 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 adversity to living well?

Thank you for listening with curiosity and compassion.

