



Prescription for Change & Dementia

A Conversation Guide for Mixed Audiences

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

People living with dementia often describe challenges in receiving a timely diagnosis, working with healthcare professionals, accessing services, and finding the support needed to live well. Many also hope for greater understanding, respect, and inclusion throughout that journey. Today's conversation is about listening to people living with dementia, learning from lived experience, and exploring how each of us can help create a more compassionate, supportive, and person-centered experience for everyone affected by 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 wonder what stood out to you as you listened to the experiences shared in the video.
2. I'm curious what you heard that deepened your understanding of what a person living with dementia may need during and after diagnosis.
3. I'd be interested to hear what this conversation brought to mind about truly listening to the person living with dementia.
4. I'm curious what this conversation brings to mind about the importance of advocating for yourself or for others.
5. I'm curious how today's conversation might influence your relationships or daily interactions.
6. Before we close, I wonder what thoughts or reflections 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 their diagnosis?

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

