



Prescription for Change & 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.

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'm wondering what stood out to you as you listened to people living with dementia share experiences with receiving a diagnosis.
2. I'm interested in hearing about receiving your diagnosis and what that experience was like for you.
3. I'd be interested in hearing how receiving a diagnosis may have affected relationships with family, friends, coworkers, or other people in your life.
4. I'm wondering what you've found helpful in building community, educating people, or advocating for yourself or other people living with dementia.
5. I'm wondering what care, support, or resources you wish you had received when you were diagnosed or shortly after.
6. I'm wondering what else you'd like people to understand about diagnosis and care throughout the dementia journey.

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 the changes they will go through?

A diagnosis is just part of the journey, not the whole story. Thank you for listening with curiosity and compassion.

