



Risk, Safety, & 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.

Risk and safety are part of everyday life for everyone. Living with dementia can bring new questions about balancing safety, independence, dignity, and choice. Today's conversation is not about eliminating risk or making decisions for someone else. It is about listening to people living with dementia, learning from lived experience, and exploring how each person thinks about risk, safety, and living 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 risk and safety.
2. I'm interested in hearing what balancing safety, independence, dignity, and choice means in your everyday life.
3. I'd be interested in hearing about everyday activities that have become more challenging or have required you to think differently about risk and safety.
4. I'm wondering what you've found helpful in continuing to do the activities that are important to you while feeling safe and supported.
5. Would anyone like to share what has helped you stay connected with family, friends, or professionals when thinking about risk and safety.
6. I'm wondering what else you'd like family members, friends, or professionals to understand about risk and safety with 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 risk & safety?

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

