



What Persons Living with Dementia Want Care Partners to Know

A Conversation Guide for Family and Friends

We are deeply grateful for the family members, friends, and others who walk beside us and provide care, encouragement, and support. Today's conversation is about understanding what people living with dementia want care partners to know. Together, we'll explore how to balance providing support with honoring our right to make choices, direct our own lives, and remain active partners in our care. Living well with dementia is strongest when care is built on trust, respect, and working together.

CONVERSATION AGREEMENTS

As we engage in this conversation, we also invite you to:

- ✓ 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. What stood out to you as you listened to persons living with dementia share what care partners should know?
2. What surprised you or deepened your understanding of the lived experience of dementia?
3. What messages seemed most important about preserving relationships, respect, and dignity?
4. What words, actions, or approaches can strengthen trust and connection between a person living with dementia and a care partner?
5. How might today's conversation influence the way you support or communicate with a person living with dementia?
6. As we bring today's conversation to a close, I wonder what you're taking with you from today's conversation. How might what you've learned influence your daily interactions with your loved one?

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 throughout this process?

Thank you for listening with curiosity and compassion today.

