

Activity: What other people can do to help me live well

Have you ever been helped?

Think about two occasions in your adult life when someone helped or supported you. Maybe you needed help to do something new, or with something you didn't understand. It can be help with something practical, like fixing a car, or something more like support during a difficult time.

Can you think of one example where being helped was a positive experience? And one example that was less positive?

For each example, think about these questions:

- How did it feel to be helped?
- Did anything change in your relationship with the person as a result?
- What was it that made it a positive or less positive experience?

For the less positive experience, what could have been done differently to make it a more positive experience?

Trainer's notes

If running this as a group activity, pair up participants first and ask them to complete the activity with their partner.

Then, ask pairs to come back and share answers in a wider group discussion.

The key points to underline are:

- We all need help from time to time. People with dementia are likely to need more help as their condition progresses.
- Each of us has different needs and responds in different ways.
- HOW we help and support people can make a huge difference. There are ways of helping that make people feel supported and empowered, but there are also ways of supporting that can make people feel lessened by the experience.

It might help to have some examples of your own to illustrate these points as backup for discussion.