

Activity

1. Spend some time with a person with dementia with whom you work.
2. Try to find out what the experience of dementia is like for them. What aspect of the condition do they find most troubling or difficult to deal with? How have they learnt to cope with it? What kind of support and assistance do they need and receive? What do they find most helpful? What could they live without? Be sensitive and respectful: if the person does not want to talk about these things then stop.
3. If you can and if appropriate ask the same kind of questions of the person's spouse or another close family member.
4. Compare their responses: are there any similarities or differences? Reflect on why you think this might be – think about the relationship they have and the range and quality of services available.