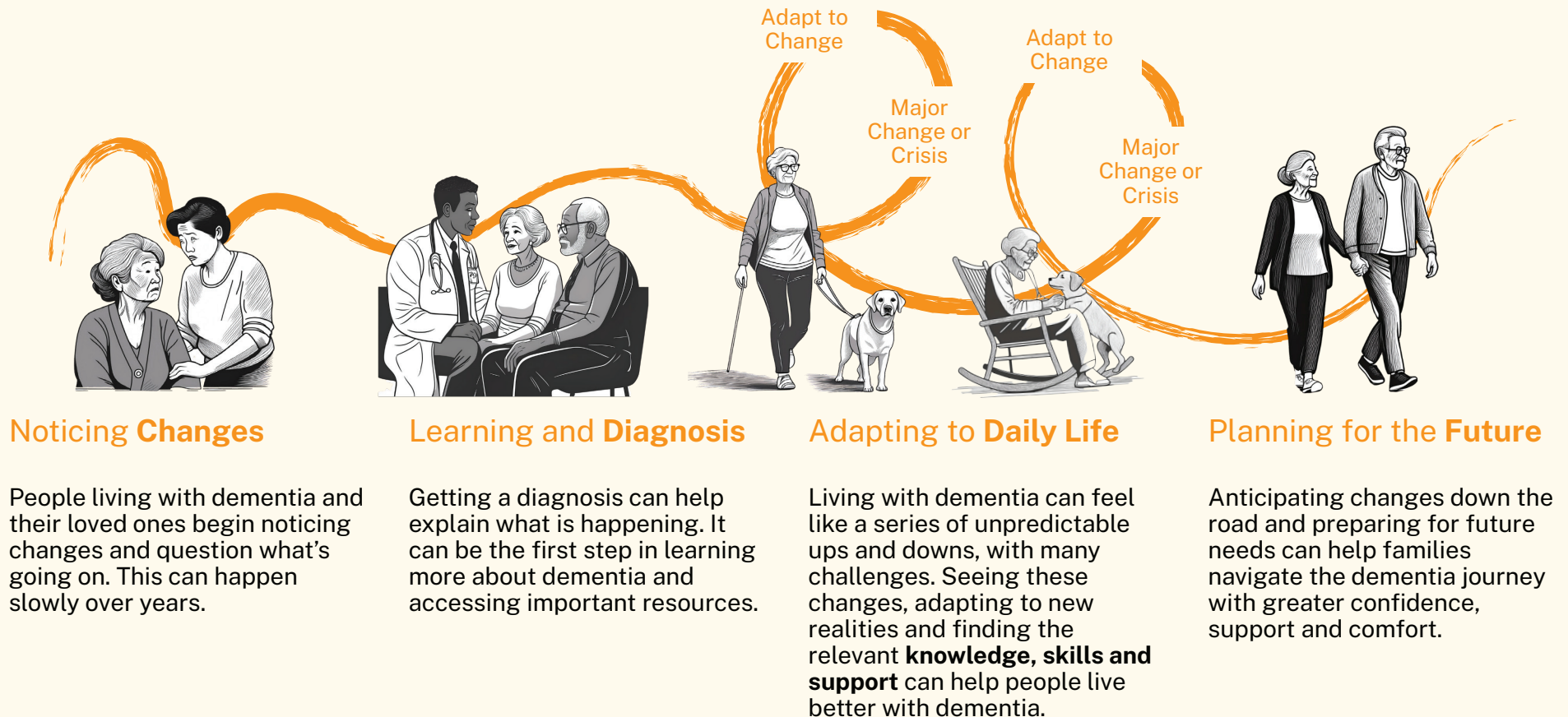


The Dementia Journey

Focusing on quality of life and planning for the changing nature of dementia can help families better navigate the journey of living well with dementia.

Living with dementia involves cycles of learning and adaptation, as dementia progresses and a person's abilities and needs change.



Finding New Ways to Connect

When Beth was diagnosed with dementia, her friend Sue quickly stepped in to support her by finding new ways for them to connect. As Beth's dementia progressed, they adapted and found new ways to spend time together.



Having Dinner Together

Beth and Sue used to go out for dinner once a month before Beth's diagnosis. When that became too overstimulating for Beth, they had dinner together at Beth's home.

Listening to Music Together

They transitioned from having dinner together to enjoying quiet evenings listening to music creating a more comforting environment.

Playing with Beth's Dog Together

To further simplify their interactions, they began spending time playing with Beth's dog, which provided a gentle and joyful way to bond.