



I'm Still Me

Shirley Garnett

Being Diagnosed with Dementia

How it changes your life

- Short term memory loss
- Confusion
- Disbelief
- Denial

Family History

Grandmother



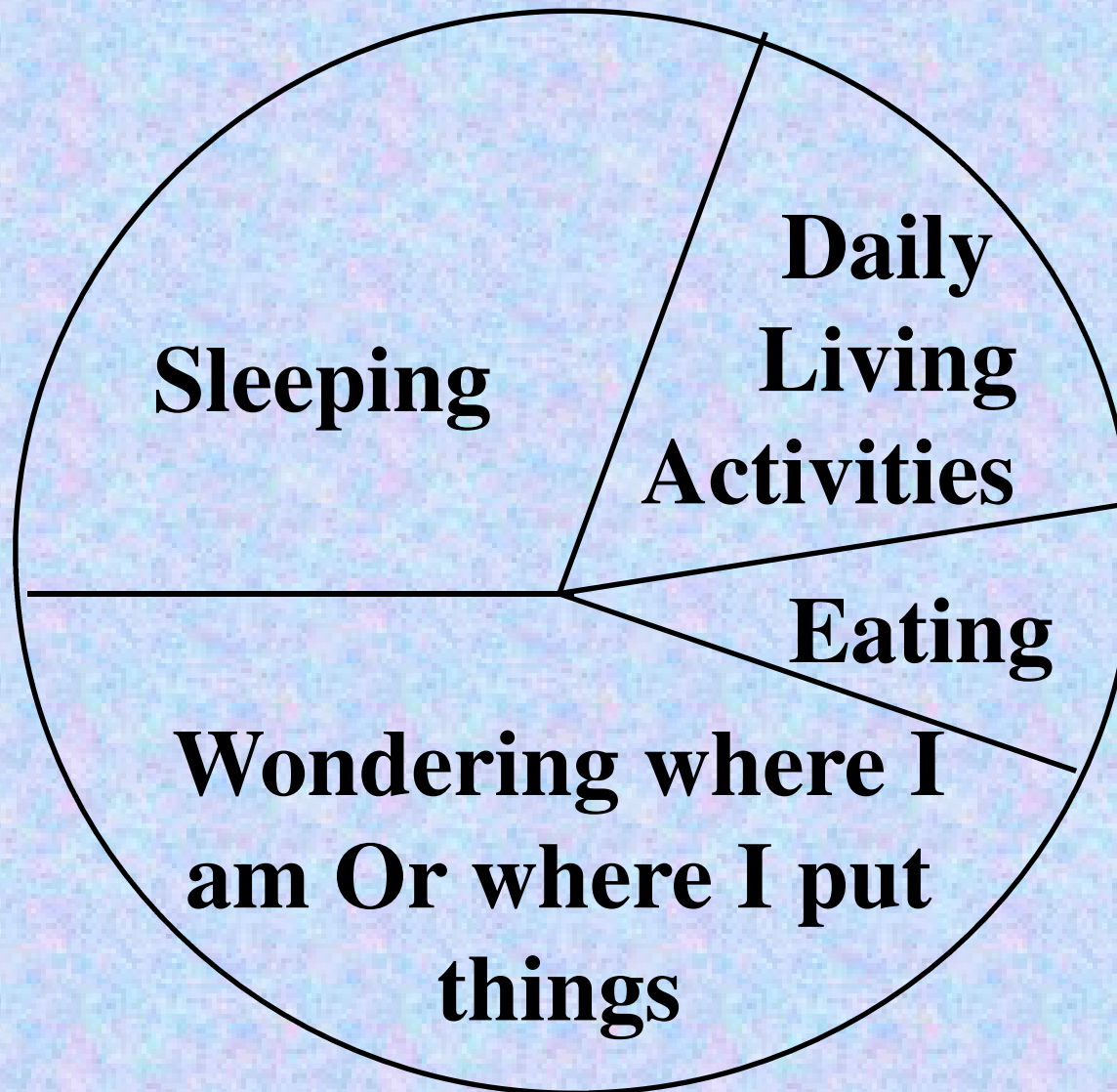
Father



Sister



My Life Broken into Segments



Effects of Other People's Perceptions

- **Loss of position**
- **Loss of esteem (both self and others)**
- **Leads to depression**

Starting on the way up

- **Alzheimer's Australia**
- **Living with Memory Loss program**

Coming back to Myself

- Confirming Diagnosis
- Accepting limitations
- Still a valuable member of society

Support Needed and Given

Many changes in the last 10 years

- Living with Memory Loss Course
- Counselling
- A Dementia Symbol
- Social Interaction groups
- Input into our own care plans
- Advocacy undertaken by consumers not just carers
- Input into future planning

Changes still needed

- A recognised dementia symbol
- Consumer directed care
- Real and universal person centred care
- Support and care for women who have been abused
- Research – Stigma
- Community understanding of risk and acceptance of people with dementia.
- Support for early stage people to remain in the workforce for longer

Advocacy

- **Albany; Hospital in service, forums**
- **TV and Radio interviews**
- **Speaking at conferences and forums**
- **Dementia Advocacy and Support Network International**
- **State and National Consumer Advisory Committees**
- **Minister for Ageing's Dementia Advisory Group**

Listening to the Consumer

- **On going testing**
- **Understanding what they want not what you think they need**
- **What if the diagnosis is wrong**

What of the Future Needs

The Coming Epidemic

- Message out there about healthy lifestyle
- Maintain world's best practice in care
- DCRC's and DSC's
- Better care pathway for Younger Onset dementia
- Stigma gone
- Australian produced Holistic cognitive retraining

*We're in this
together*



Together we can make a change