Defining Empowerment: Person with dementia voices in terminology used to define them
People with dementia in the research study

- Involvement as:
  - Advisors
  - Focus groups
    - As research participants
    - Guiding the research
  - Dissemination

- Critics – Why bother? Isn’t the concept too complicated?
“My favourite hobby used to be…, but I can’t do that anymore because…”
Preliminary results

- Relationships
- Personal Care
- External Environments
Barriers to Access

Ethics → Gatekeepers

People with dementia ← Caregivers
Examples of self-empowerment

- Humor
  “If we could get a recording of this, we’d all have a bloody good laugh and it would cheer you up.”

- Meeting other people with dementia
  “It’s so nice to sit in with all of you people who’ve all got the same things. It makes you feel like you’re not the only one out there.”
Possible future impact

The practical side:
- Dementia Friendly Communities
- Using new technology to assist with personal care
- Social relationships

The theoretical side:
- What underlies the practical acts of feeling disempowered?
Thank You!

If you have any feedback or input for my research, especially if you are a person with dementia, please come talk to me after the session.

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