Walking in the shoes of people living with dementia to improve quality of life

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#ADI2014 #dementiachallengers
Conflict of Interest Disclosure

Gill Phillips

Has no real or apparent conflicts of interest to report.
Everyone’s experiences are unique
“We are the experts. We are the only ones who can tell you what it feels like when pictures of our lives fade when the memory slips away”
Living with dementia...
College of Medicine Summer School

Guillermo Gallego was the photographer 😊
Catalyst for Change

- Where are you now?
- Where do you want to be?
- What are the challenges / barriers / opportunities?

Connecting people and finding the way forward
Poet's Corner

Professionals - Walk in my shoes

Walk in my shoes.

It's not so hard to do.

Just imagine ... if you were me...

And I, for once, were you...

Instruction: Click tile to add to path
And of course. My inspirational friend, Kate Swaffer...
I want to make my own choices

As someone living with a diagnosis of younger onset dementia, I want to make my own choices. I don't want to go into a care home and be made to do activities that I hate – things like Bingo that I've never played before.

My biggest fear is that I would then be given medication for being 'difficult' if I didn't agree.

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Ask yourselves ...

Who is in control?
As a GP, people come to me expecting answers. It is, of course, impossible for GPs to have all the answers.

When someone has been diagnosed with dementia, we are there to signpost them to available support. Sometimes, though, it would be helpful to have better systems to know what is actually available!
Difficult journey!

As health care commissioners, we attempted to 'walk in the shoes' of service users trying to access and navigate the health care system.

We started to see how things need to change to ensure a more flexible and joined-up approach.

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Poet's Corner

My own home

I want to stay in my own home
I want life to stay as it is
But things are sometimes confusing
I panic and get in a tizz.

My TV remote isn't working
The washing machine's on the blink
My son says I press the wrong buttons
It's sometimes so hard to think

A man came and fitted some sensors
A key pad instead of a key
I'm finding life much easier
They found things that work for me.
Listen... and act!
Our #NHSChangeDay pledge is to link people living with dementia and to help them have a voice!
Any questions?

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