We need to ‘Think Outside of the Box’.

John Quinn
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Mindful of the meaning of words.

- What might Rehabilitation look like?
- What is Enablement?
- What is Empowerment?
- Better Awareness of language can improve our lives.
We are more than Dementia.

Look at the person, not only at the disease:
- Including personalised relevant rehabilitation;
- ongoing to meet our changing abilities.

With adaptations and Support:
- maintain current career;
- interests and hobbies;
- family and social activities.

Don’t dismiss ANY type of rehabilitation:
- “Think outside of the Box”.
A Part of My Life.

- Marathons;
- 20 half-marathons;
- Triathlon;
- 30 charity fun runs;
- Overland track, Tasmania.
Exercise Continued

• Camino de Santiago 2011;
• Walks in NZ;
• Larapinta Trail;
• Great Wall of China *half-marathon*;
• Mt Taranaki NZ.
Raising Funds and Awareness for Dementia.

• Cycle Challenge 2014: Vietnam & Cambodia… 562 kms in 9 days.
• Camino Challenge 2015: Camino de Santiago… 825 kms… France, across the top of Spain.


Google: Dementia Friendly Bathrooms
Alzheimers Australia Qld.
Life doesn’t stop with a diagnosis of dementia.

Provide us with every opportunity.
Raise your expectations.
Let us experience our full potential.

“There has to be a paradigm shift in the way we view people with Dementia.”

Lifestyle Considerations

N…….Nutrition and hydration;
A……..Attitude, Acceptance;
M……..Mental activities, Music, Meditation;
E……..Exercise, Enjoyment;
S……..Social engagement, Support, Sleep, Setting goals.

What is your NAMES?
Look after your heart, and you look after your brain.
"Having a diagnosis of Dementia is not a lifestyle choice. How can you empower me to continue with the activities that I enjoy while I LIVE WITH DEMENTIA?"

BLOG: lamlivingwellwithdementia.wordpress.com.