



## Speaking from Experience Alzheimer's Disease & other Dementia

### Transcript for chapter 8 of 8: Closing thoughts

**Jim:** If you know it early and if you yourself are prepared to understand how your.. What your initial role is going to be and how your role is going to change as your loved one becomes less capable of doing things then it's not so difficult at the time.

**Allan:** I think it has made me much more sympathetic, hopefully empathetic, to the carers of people with dementia. Much more aware of the carers and how important it is to pick it up as early as possible, some people do get a chance to plan their lives.

**Susie:** Instantly get help, don't handle it on your own, you don't have to. There is a lot of help out there, and there's some wonderful people and you can make their lives so much more worthwhile and take a lot of pressure off you and off the sufferer.

**Jan:** You feel really odd and alone as though you're the only one it's ever happened to, yet when I met with the young ones, which is the group Jamie attends, then meeting other families was really helpful just to sort of, it normalises it.

**Ellen:** When the person you're caring for is no longer able to be kept at home your life has to go on and if you have shut off all your activities, all your hobbies, all your interests, all your friends then you're going to be devastated so it's most important to keep up most of your activities. So I still go out three or four times a week, pay someone to look after Russ and I keep up all my interests and hobbies because I have to go on living, I have to live.

**Anne:** Live very much in the present, get twenty five hours out of every day that you've got now because you're not going to improve, you're not going to be able to get more out of your life than you are now, the people around you aren't going to be able to get more out of you than you can give now so you just need to maximise everything for as long as possible.

**Gwen:** I don't think I'm going to die for a long time, but if I can live another seven or eight years that's as much as I want to go because I won't be healthy enough physically to do anything at that age and if I can help someone in the meantime well, that's a bonus.

**Jim:** Try and maximise what you've got while you've got it, that's the important thing to do.