

A Good Life With Dementia©

Our statements

A diagnosis of dementia is not the end - it's the beginning of something.

We all have good and bad days - like anyone

Although brain cells die, we can still hold an equal place in our communities;

Although brain cells die, we can still hold an equal place in our relationships

Although brain cells die, we still have plenty in reserve and life goes on.

Dementia is not our fault

How else will people know how we are feeling if we don't talk to one another openly - it's a two-way thing.

So what if we repeat things.

Respite is not about moving out it is about a healthy space for all

It is not the dementia that makes us suffer

Dementia friendly is just about being friendly

The world is a better place for walking - use it or lose it!

Diagnosis causes a huge dive in confidence - bear that in mind and don't rub it in!

Joining research projects is so important. It keeps us busy and can help provide a legacy for those who come after us.

If we can't access what we're entitled to because of our dementia, then that is discrimination

I'm still me - We have a right to be ourselves

We are more than a label or a case on somebody's desk

We have a right to access meaningful and practical support after a diagnosis and not to feel abandoned

Learning amongst equals is a better way of learning

Learning and sharing amongst equals makes us happy