



A message from three people with dementia

This video is a frank look at dementia from three people who are experts by experience. Sandie Read, Roy James, and Harry Davis (the Forget Me Nots) reflect on their experiences of being diagnosed with dementia and their lives post-diagnosis, the value of peer support, communication tips, and share messages for people who are newly diagnosed, and to those who support them.

Dementia is often understood as a tragic illness, but increasingly policy and practice in the UK is driven by the goal of 'living Well with dementia'. In this video, Harry, Sandie and Roy challenge the negative stereotypes and assumptions that can dominate public and personal understandings of dementia, and focus on how to live well with dementia.

Based on the research from 'Getting Things Changed', the Forget Me Nots have worked with Joe Webb, Val Williams, and Moore Lavan Films (www.moorelavanfilms.co.uk) to produce training videos that can be used by anyone who is interested in learning more about communication and dementia.

The 'Getting Things Changed introduction film' is available by following the link to 'dementia talk' at: www.bristol.ac.uk/sps/gettingthingschanged.