



Talking in the here and now

Although it can be enjoyable and rewarding for people to talk about what happened in their past, it can also present problems for people with dementia. Not remembering something can be frustrating, especially if relates to your own life and experiences. The people we met throughout our work said whilst remembering the past was important, it was also valuable to focus on being in the 'here and now'. This can mean talking about something that interests you both, or having a shared focus in the present (i.e, gardening, painting, looking at pictures or photos together). This video focuses on everyday small talk and conversations in the here and now.

Watch the video and reflect on how what issues can crop up in everyday routine conversations, who is 'driving the conversation' and what impact this has, and what effect having a shared focus can have on conversations.

On this video, you will see separate sections where you can: a) Listen to the views of people with dementia themselves b) See re-enactments of scenes from everyday conversations that we saw in practice c) Use these scenes to reflect on how we do something as mundane as everyday talk in the here and now d) See how the Forget Me Not research group and their own ideas for making conversations fun and informal.

Based on the research from the 'Getting Things Changed' project, the Forget Me Nots have worked with Joe Webb, Val Williams, and Moore Lavan Films (www.moorelavanfilms.co.uk) to produce training videos which can be used by anyone who is interested in learning more about communication and dementia. 'Talking in the here and now' is available by following the link to 'dementia talk' at: www.bristol.ac.uk/sps/gettingthingschanged.