



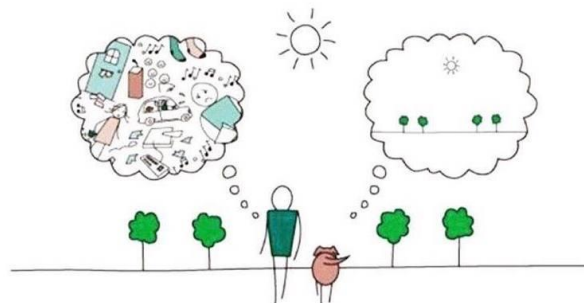
Will I be Known?

Of the many questions the Care Partnerships Australia team have the pleasure of answering the one we hear the most often from both our clients with dementia, and our clients caring for someone with dementia is **'Will I be known?'**

The answer is both 'yes' and 'no'. A seemingly ambiguous response but one which can help us on the path ahead by guiding us to look at reality and possibility.

If you are a carer – will you be known? Although memories and names will fade for your loved one with dementia, and new memories are not able to be formed, the *You who you are right in the present moment and the gift of how you make your loved one feel is known, and relished.* **You are known**, for allowing your loved one to have this moment of safety and joy and connection.

Wear a name tag if you feel it helps, use your name, use their name. Keep the conversation in the present and allow for input, without trying to have your loved one recall the past unless it flows without stress, refer to what can be seen right now – in this moment – the flowers, the view.



The Care Partnerships Australia Team dog, Charlie, is the master of living in the moment.



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If you are living with dementia – will you be known? The essence of ‘you’ remains always, and your abilities to connect through music, art, facial expression and touch remain a link to those you have spent a lifetime building a relationship with.

A useful tool to help access ‘You’ is the “This Is Me” booklet from Alzheimer’s UK. ‘This is Me’ helps anyone interacting with a person living with dementia to understand who that person is – and tailor their contact accordingly.

This reduces stress for all and can also help to overcome problems with communication and prevent more serious conditions such as malnutrition and dehydration.

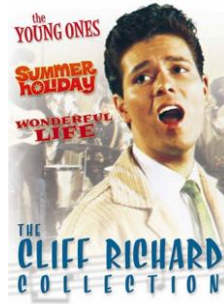


Another simple “ Being known” tool is using a whiteboard noting the information that assists the person with dementia to be known – their preferred name, whether they need glasses and/or hearing aids, what makes them feel at home, favourite music, how they like their food presented.

The use of the whiteboard can also be an important step in supporting the Dementia Care mantra of **‘Nothing about us, without us.** Let me share a story where I let this slip. A delighted in client living with dementia refused to drink water that was always lovingly topped up with ice - I thought it made it more pleasant on the hot days. However, she didn’t like ice cold drink, she never had. Once this was known, and put on her whiteboard, drinking tap water was achieved with ease. (The client was also a big Cliff Richard fan – this was noted on the whiteboard and the singalongs rolled out)



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We, **the Care Partnerships Australia team** are known for consistently achieving our goal of maximising the well-being for a person living with dementia and their family, as well as an industry recognised ability to increase the capabilities of staff sharing the care of those with dementia. **Please let us know if we can be of help to you**

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Owner of Care Partnerships Australia Team Dog – Charlie

