We need to ‘Think Outside of the Box’.

John Quinn
Brisbane, Australia
Mindful of the meaning of words.

- What might Rehabilitation look like?
- What is Enablement?
- What is Empowerment?
- Better Awareness of language can improve our lives.
We are more than Dementia.

Look at the person, not only at the disease:

- *Including personalised relevant rehabilitation;*
- *ongoing to meet our changing abilities.*

With adaptations and Support:

- *maintain current career;*
- *interests and hobbies;*
- *family and social activities.*

Don’t dismiss ANY type of rehabilitation:

- “Think outside of the Box”. 
A Part of My Life.

- Marathons;
- 20 half-marathons;
- Triathlon;
- 30 charity fun runs;
- Overland track, Tasmania.
Exercise Continued

- Camino de Santiago 2011;
- Walks in NZ;
- Larapinta Trail;
- Great Wall of China *half-marathon*;
- Mt Taranaki NZ.
Raising Funds and Awareness for Dementia.

• Cycle Challenge 2014: Vietnam & Cambodia… 562 kms in 9 days.

• Camino Challenge 2015: Camino de Santiago… 825 kms… France, across the top of Spain.


Google: Dementia Friendly Bathrooms
Alzheimers Australia Qld.
Life doesn’t stop with a diagnosis of dementia.

Provide us with every opportunity. Raise your expectations. Let us experience our full potential.

“There has to be a paradigm shift in the way we view people with Dementia.”

Lifestyle Considerations

N…….Nutrition and hydration;
A…….Attitude, Acceptance;
M…….Mental activities, Music, Meditation;
E…….Exercise, Enjoyment;
S…….Social engagement, Support, Sleep, Setting goals.

What is your NAMES?
Look after your heart, and you look after your brain.
"Having a diagnosis of Dementia is not a lifestyle choice. How can you empower me to continue with the activities that I enjoy while I LIVE WITH DEMENTIA?"

BLOG: lamlivingwellwithdementia.wordpress.com.