



An Insider's View

Christine Bryden

With Paul alongside me...



I can:

- live positively
- advocate for people with dementia
- do challenging things
- bounce back
- conserve my energy and manage stress

What stresses are there?



I had to:

- re-do my will and Power of Attorney.
- do two driving assessments
- change to new neurologist and geriatrician.
- find my medical notes



It's a bumpy ride



- I am not deaf or stupid but have some trouble communicating.
- My memory is uncertain and so annoying.
- I get stressed and tired, drifting around needing some direction



Interview



We are unique human beings



- People with dementia each have a story
- Please respect and value us