



**Alzheimer
Scotland**
Action on Dementia

Prevent.
Care.
Cure.

BSc (Hons) Speech & Language Pathology, University of Strathclyde

**In conversation with
Scottish Dementia Working Group &
National Dementia Carers Action Network**

Elaine Hunter, March 2024

**During your visit to
Alzheimer Scotland
today ...**

**“What was
important to
you?”**





“Hearing the impact of speech and language therapy in dementia work is very inspiring and will integrate into my work moving forward. The specific tools are integral moving forward. Thank you.”

“It was interesting and helpful to hear other personal experiences of both individuals with dementia or caring for individuals with dementia. It’s good to take away how much we could possibly help others in a positive way”

“Finding out how much support speech and language therapists give to people. I found this experience so inspiring. Thank you!”

I will really take away from today how full someone's life can be after a Dementia diagnosis. It has been really inspiring to hear it from both the person themselves and the carer. Thank you for a great day!



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“I have loved hearing people’s stories and insights and seeing individuals living with dementia thrive. I wish it had been longer, this is such a valuable learning experience. Thank you so so much 😊.”





“All the stories and experiences shared have been really interesting and have given such insight into everyone’s individual experiences in the organisations and with dementia. Thank you very much for having us!!!”

“Powerful & insightful and as Geoff said *“It’s not the end of the world having dementia. Think about what you can do rather than what you can’t!”* Thank you”

“A great take away was hearing about people’s stories. It has really shown me that life does not stop after a diagnosis. Thank you!!.”

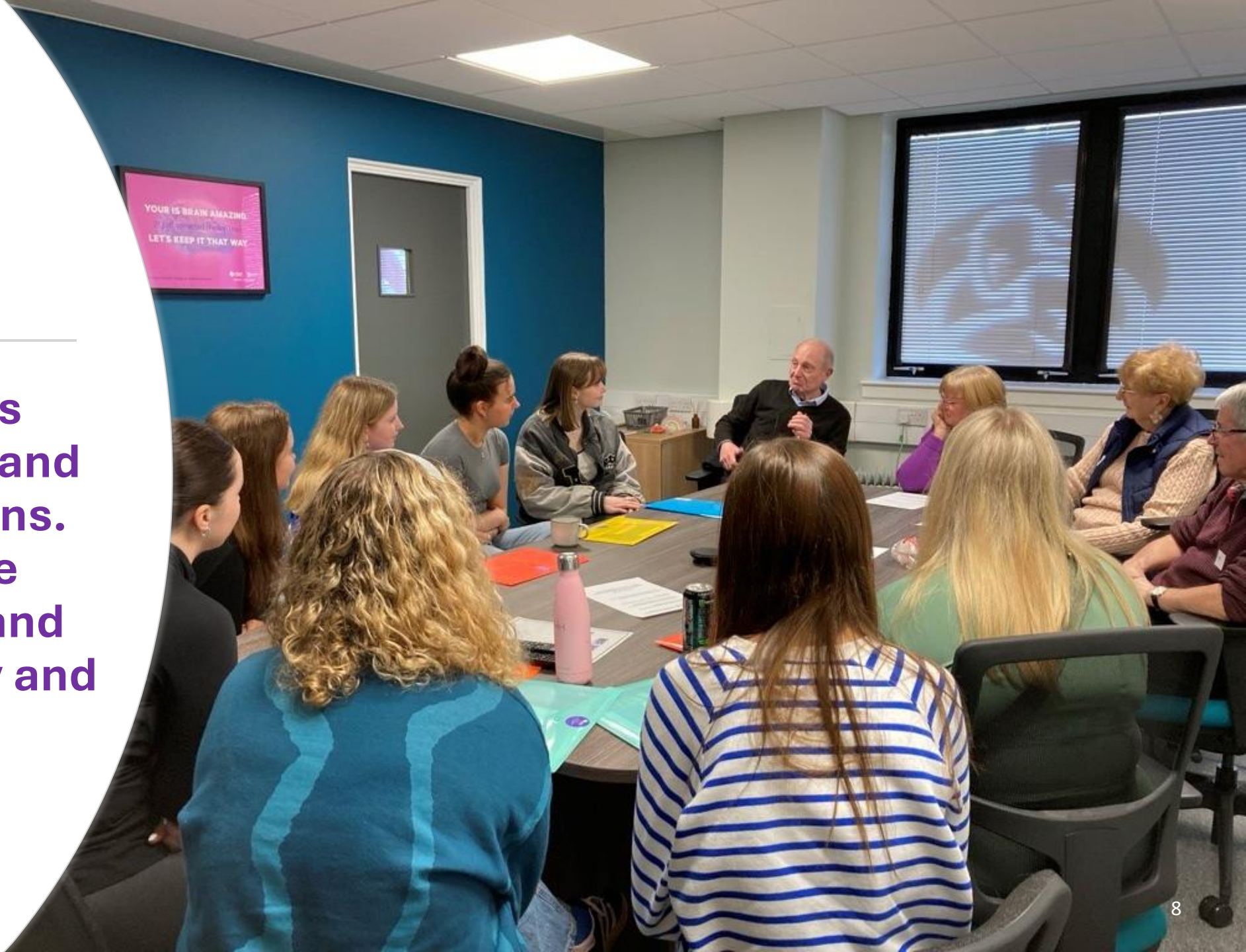
I found it really insightful speaking to people with lived experiences. It was good to learn about the different kinds of support.

I was so happy to see such a lovely support system which is such an important part of many people's lives. Seeing such an important network has filled me with great hope and inspiration. Thank you for showing me!

It was important to me that I learned more about dementia, that it has the possibility of getting better at points, it's not just a downhill battle. Also, that not enough people know things about the illness and how speech and language therapy can help. Thank you.



“Hearing people’s lived experience and honest discussions. Hearing about the value of speech and language therapy and carers.”





“Today during my visit, I heard lots of stories about peoples’ individual experiences with Alzheimer’s. I learned that there is life after Alzheimer’s, and that people diagnosed should focus on things they want to do and make it happen.”

“It was amazing getting personal experience, communicating with those with dementia rather than just reading about it. It was also important to learn how to support those with dementia.”

“To have patience and be kind. Do not limit your expectations of what people with dementia can do.”

During my visit to Alzheimer Scotland today I learned about the support they provide and how it affects people. I learned about how helpful Alzheimer Scotland has been to those who attend.

I think it was really important to be able to have a nice, casual conversation with someone who has dementia because some people can have preconceptions about it.

I learned a lot of valuable information today. I found it interesting to learn everyone's stories and learn about the services available and the groups around this. It was good to hear that people diagnosed with dementia also have a big say on the board.



“One man described dementia as ‘not the end of the world, but a hiccup in life.’ Receiving a diagnosis of dementia can be frightening at first but there are so many supports out there that can help. Having a good support system, whether that be family, carers or groups like Alzheimer Scotland make a big difference.”





“I really appreciated the opportunity to hear from those living with dementia. My own mum is currently waiting on a diagnosis so the input from all of those I heard from today was really moving. It has made me think more deeply on a personal level on how I can support my mum, and on a professional level how I can support clients when I am qualified. The takeaway for me was how important it was that medical professionals are understanding and treat all those living with dementia with dignity and respect. Thank you.”

“I have thoroughly enjoyed myself and it was very important to me that everyone was just so enthusiastic about being a part of this team and was amazing to hear all their own personal stories. Very moving”

“During my visit I learned how it is important not to overshadow a person with dementia.

“It was important to me to meet people who had directly been impacted by dementia and hear their stories. Watching videos on a screen doesn’t have the same impact as engaging with real people. The session left me inspired to work harder to achieve my qualification, as the participants expressed how crucial speech and language therapy are to dementia support.”

“Both organisations are truly inspiring. There is a clear passion in all staff and volunteers which is amazing to see. Everyone’s stories have only motivated me more to work hard and help individuals to the full extent I can as a speech and language therapist in the future. Thank you so much for having us!”



“During my visit I learned that Alzheimer’s can affect anyone from any background. I also learned that having dementia does not mean your life is over and you just have to adapt.”

“Found my time here really insightful and helped me enormously to understand what living with dementia is like.”



“I found it really inspiring to hear from people who have been helped so much by speech and language therapists. Most people I spoke to today didn’t know much, or anything about the work of speech and language therapists before they, or their family member was diagnosed with dementia. This has made me realise how important it is for the work of speech and language therapists to be more widely known so that we can reach everyone who needs us.”



From today's experience, I have found out about how important it is for carers and those living with alzheimer to connect with others with similar experiences so they do not feel lonely or isolated. Connection is so important!




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“I found my visit today very eye opening and inspiring. It really motivated me in moving forward in the speech and language therapy profession as it was an important reminder of why we do it. Seeing the positive impact this role can have on people’s lives was very rewarding. Thank you for all the work you’re doing!”



“To find out how important speech therapy is to people with dementia, and what a huge difference it can have. It definitely made me more eager to complete my course and to start helping people as much as I can, but also to spread awareness about the help available as many people are unaware of it. Thank you for today. 



Thank you