

Hope, Optimism, Patience & Love

Hope ~ Ignited by Alzheimer's

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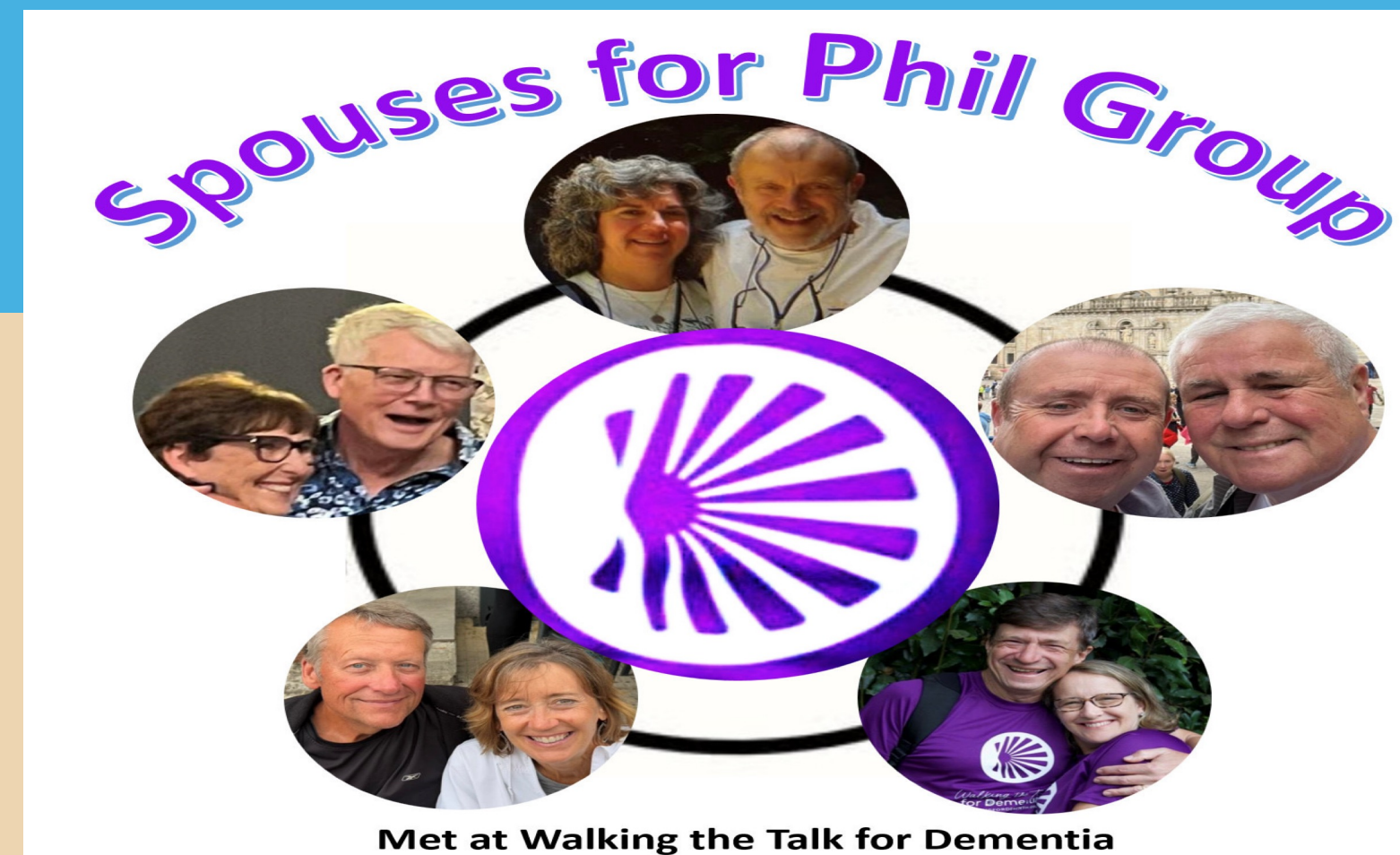
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Thomas (Tom) Hennessy. Irish, spouse and care Partner. LGBT Community.

Truly grateful for → Kevin Cullen → Alzheimer's Association of Ireland

→ Walking the Talk for Dementia → Spouses for Phil



KEY TAKE AWAYS:

Hope remains | Care is Complex | Dementia is Difficult
Supports are available | Spouses For Phil = Real Support

Introduction →

Dementia is complex.
People need support.
Struggles occur.
Emotions involved.
Selfcare for carer 1st.
Autonomy is vital for those with dementia.
Training / CPD essential
Change is constant.

Hope helps:

Optimism supports mindset.
Patience is key.
Enduring Love remains.

Frameworks

Framework 1: COLT

Coach = Ask / don't tell
Otherness = LGBT
Loneliness = Stigma.
Trust you first / others.

Framework 2: HOPE

Hope = Mindset
Optimism = Mentality
Patience = Safe Space
Everlasting Love = wins.

Framework 3: SLOW

Slow down
Lower voice
Observe self / others
Without us = Nothing.

Outcomes →

Care partners:

Life is easier
Less friction
More aware.

People with dementia

Models easy to follow
Life is calmer with them
Not slow enough yet

Researchers

Opportunity to Collaborate
....Lived experience
Compare with other models

Community

Friendships will adapt
Needs flexibility
Continues to show up.



Results →

More present.
Peace less friction.
Less Apathy.
More Active.
Better respect.
Increased Trust.
Good & bad days.
Slow takes time.
Support Groups help
Spouses for Phil.

What's Next

Short term

Slow down
Start Therapy – ACT
Find other supports

Mid Term

Adapt Models
Take time to think

Long Term

Continue to learn
Love remains

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