



The Impact of Walking the Talk for Dementia on (Quality of) Life: A Participatory Longitudinal Photovoice Study

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Take away message: Walking the Talk for Dementia has a lasting impact on the lives of people with dementia and carers. In this arts-based study, people with dementia and carers decided which aspects of their lives to share. The lead researcher formed a personal connection with all co-researchers, beyond the scope of the study. It is important that research involving people with lived experience of dementia is performed collaboratively and meaningfully, and that outcomes accurately reflect experiences.

Background

- Walking the Talk for Dementia (WTD) connects people living with dementia, carers, artists, researchers, care providers, and other professionals from around the world in a 4-day, 40 km walk (Camino de Santiago, Spain) and 2-day symposium
- This non-hierarchical environment promotes authentic exchange, innovative insights, and self-discovery
- It is unknown **if/how** WTD impacts the everyday lives of people with lived experience of dementia upon returning home

Methods

- This participatory study employed the photo-voice method: autonomous documentation of experiences using photography and diary entries
- Qualitative interviews at 3- and 6-months to understand the long-term impact of WTD on the (quality of) life of people with dementia and carers
- Feasibility of the photo-voice method was explored (5-point scale)
- Six people with dementia and five carers participated as co-researchers, shaping the methodology, data analysis, writing, and dissemination

Results (see images)

- Over 150 photos were taken and 13 interviews took place
- Photovoice: useful to capture experiences (M=4.4), easy to use (M=4.9), and enjoyable (M=4.6)
- Memory issues sometimes interfered with taking photos, and regular reminders should be scheduled.

Contact

More info on Walking the Talk

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www.walkingfordementia.org
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