

Questions for Reflection

For People with Dementia

1 How do you feel about living with dementia?

2 What gives you hope and purpose in life?

For Care Partners

1 If you asked the person you are caring for how they feel about having dementia, what would they say?

2 What are your favourite things about the person you are caring for? What are their strengths?

3 What is one lifestyle change you will make to maintain both your health and the health of the person with dementia you are caring for?
