



Chat from Intensi-tea webinar 20th May 2021

- 14:31:51 From Tanya W to Everyone : Hi this is Tanya W from Alzheimer's Society looking forward to this afternoon's session.
- 14:32:10 From Sue B to Everyone : Hi to all from County Durham (Alzheimer's Society)
- 14:32:45 From Catherine Kiely to All panelists : Welcome everyone!
- 14:32:53 From Tessa Gutteridge to Everyone : Hello, and welcome!
- 14:32:59 From Barry M to All panelists : Barry M Here from Alzheimer's Society
- 14:41:34 From Dawn I-W to All panelists : Lovely to meet you all. I would love to contact someone direct. I am involved with YOD in Australia - trying to build the first care home specifically for YOD.
- 14:42:37 From Tessa Gutteridge to Everyone : Welcome Dawn, do contact us via youngdementianetwork@dementiauk.org
- 14:43:37 From Dawn I-W to All panelists : Thank you - I have sent a few emails to this address but not got a reply. I will try again. Many thanks, My company is Orana Care (Melbourne) Australia
- 14:45:38 From Tessa Gutteridge to Everyone : Dawn, I think/hope we have ironed out the Network mailbox issues now
- 15:00:42 From Tanya W to Everyone : I really welcome this advice as some well meaning people feel they shouldn't 'lie' to the person but it's so much kinder to enter their reality which is true for them at the time
- 15:04:27 From Sue B to Everyone : Jill and Sarah - I've written down some of your key saying such as 'keep them happy keeps me happy' and 'Knowledge is key for both parties' - Thank you
- 15:05:57 From Dawn I-W to All panelists : YOD is so different from normal Dementia. It is wonderful that this forum is available for carers.
- 15:06:01 From Kate Fallows to Everyone : We'll be sharing a recording of the webinar so you'll be able to listen again to all the advice and information offered in the webinar.
- 15:06:29 From Dawn I-W to All panelists : Great that we can have a recording. Especially the slides.
- 15:06:36 From Melanie S to Everyone : Thank you- that will be great
- 15:09:18 From Dawn I-W to All panelists : The flow on effect to the family is massive!!! When the loved one is no longer there - the family are then still undergoing stress and depression.
- 15:10:44 From Tanya W to Everyone : Gosh Jill I'm so sorry you have been through all this.
- 15:10:44 From Michelle G to All panelists : Thanks so much for sharing this the four of you - and Tessa and YD for joining us up :-)
- 15:11:03 From Tessa Gutteridge to Everyone : Pleasure Laura
- 15:11:09 From Dawn I-W to All panelists : You must look after yourself Jill.....
- 15:11:18 From Sue B to Everyone : Well Done Jill for doing this for us all today.
- 15:11:25 From Alison L to All panelists : Sending huge hugs to you both x

15:12:45 From Tessa Gutteridge to Everyone : Do pop your questions in the Q and A

15:13:59 From Hilary D to All panelists : You are four amazing ladies, I am so comforted knowing there are people like you. This has been the best one hour I've spent in a long time. Thank you for so much useful info clearly explained

15:16:19 From Michelle G to Everyone : Really recommend Nonviolent Communication (NVC) too for understanding (and living!) the causes beneath the symptoms/icebergs - and for caring for ourselves (self-empathy, and own stress/distress) too. It's really congruent with this approach There are trainers and short courses in Oxfordshire. sharedspace.org.uk

15:16:50 From Michelle G to Everyone : Pati Bielek-Smith has written a brilliant book for dementia carers

15:17:20 From Michelle G to Everyone : She has been a professional carer herself and is also a certified Nonviolent Communication trainer.

15:17:37 From Michelle G to Everyone : Especially good on meeting people in their moment in time :-)

15:21:22 From Michelle G to Everyone : Love the 5 senses strategy Lissy. Thx

15:24:12 From Alison L to All panelists : Sarah you're such an inspiration!

15:24:18 From Alison L to All panelists : -Alison

15:24:58 From Kate Fallows to Everyone : I love Sarah's three non-negotiables. Something we could all adopt in our lives to maintain our own well-being.

15:25:47 From Dawn I-W to All panelists : There is evidence that Carbs increase the behaviours of dementia.

15:27:25 From Tanya W to Everyone : This was so interesting I'm sorry I have to go early. Thank you so much.

15:28:06 From Victoria W to All panelists : Thank you all so very much, especially Jill and Sarah for sharing their personal experiences.

15:28:20 From Sue B to Everyone : This has been amazing, engaging and very real - thank you all.

15:28:43 From Barry M to All panelists : thank you for this the personal sharing was inspiring. thank you to Sarah and Jill.

15:28:52 From Rebecca T to Everyone : Thanks so much

15:28:57 From Katie W to All panelists : Thank you for all the information.

15:29:01 From Tina D to All panelists : Excellent, thank you

15:29:13 From Jane W to All panelists : Thank you, very interesting and enlightening

15:29:30 From Melanie S to Everyone : Thank you very much

15:29:57 From Holly A-D to All panelists : Thank you

15:30:04 From Mandy P to All panelists : Thank you

15:30:11 From Karen D to All panelists : Thank you to everyone, I will look forward to more x

15:30:42 From Victoria W to All panelists : Thank you all.... from Vicky Admiral Nurse on the DUK Helpline :)