

How does dementia affect people?

Put yourself in the shoes of someone with dementia

Problems with memory are often the first thing that come to mind when you hear about dementia. But there are many different ways that dementia can affect a person, and this will change over time. The symptoms of dementia can make everyday tasks more difficult, and to demonstrate how this might feel, we developed an app called **A Walk Through Dementia**.

The app was designed as a virtual reality experience for use with Google Cardboard.

- If you have a compatible headset, the app can be downloaded for free from Google Play (Android phones) or the App Store (iPhone).
- The videos can also be viewed online without the need for a virtual reality headset.

In this exercise, you will watch two of the experiences in A Walk Through Dementia, and answer questions to explore what you know and have learnt about dementia.

Click the links to watch the videos:

Walking home – alzres.uk/awtd_walkinghome

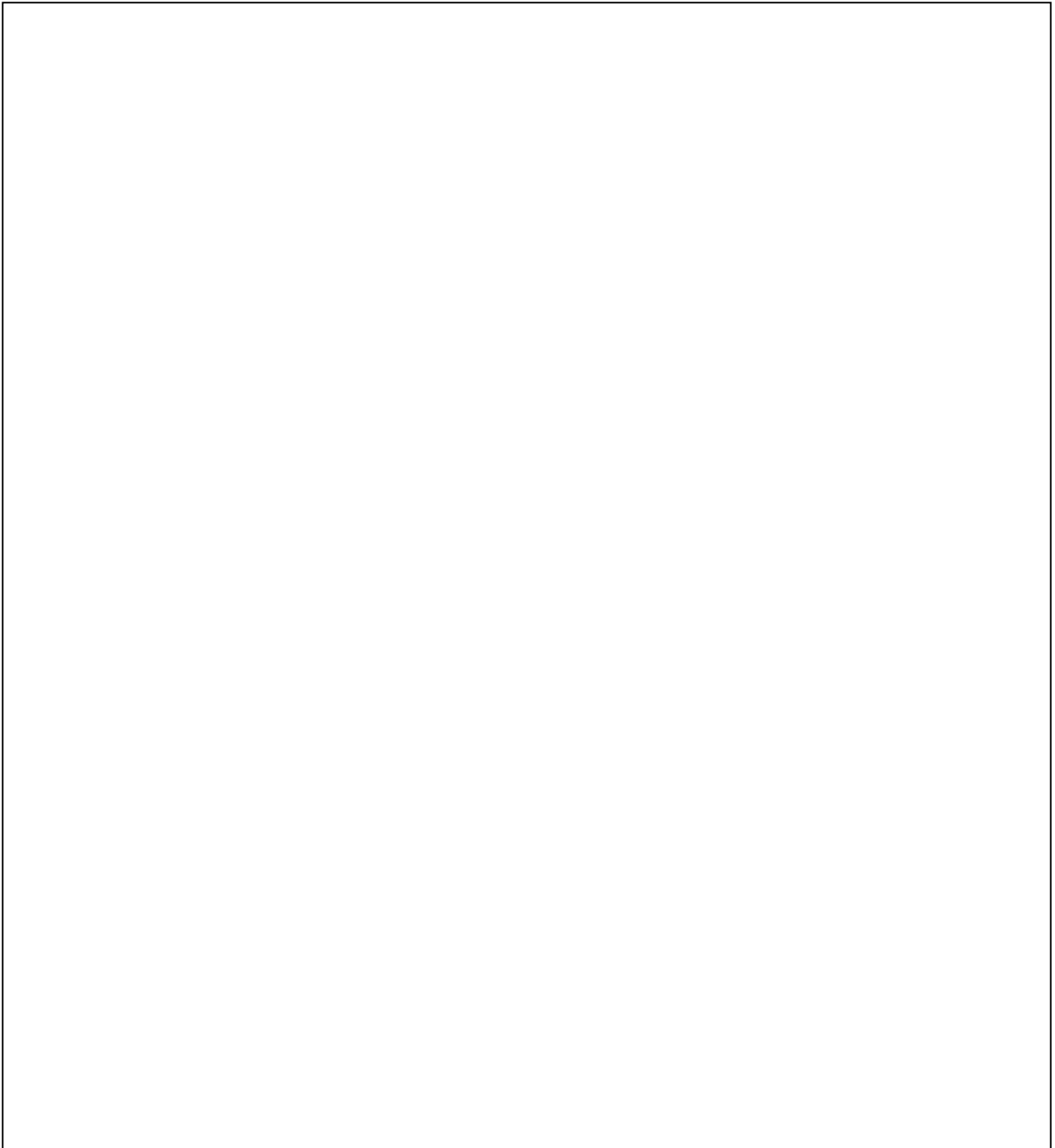
At home – alzres.uk/awtd_athome

- 1. Now that you've watched the two videos, what symptoms of dementia did you see? Did anything look different? Were some tasks harder than normal?**

- 2. Imagine you or someone close to you has been diagnosed with dementia. How would you feel? Are there things you could do to help?**

- 3. Has watching the videos changed the way you think about dementia? How? What have you learnt?**

Write a poem or draw a picture about what you now know about dementia, how it can affect people, or simply about your favourite memories and experiences.



We'd love to see what you write or draw – why not submit it to our Memory Board?

alzres.uk/memoryboard