

We need to ‘*Think Outside of the Box*’.



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# Mindful of the meaning of words.

- What might **Rehabilitation** look like?
- What is **Enablement**?
- What is **Empowerment**?
- Better **Awareness** of language can improve our lives.



# We are more than Dementia.

Look at the person, not only at the disease:

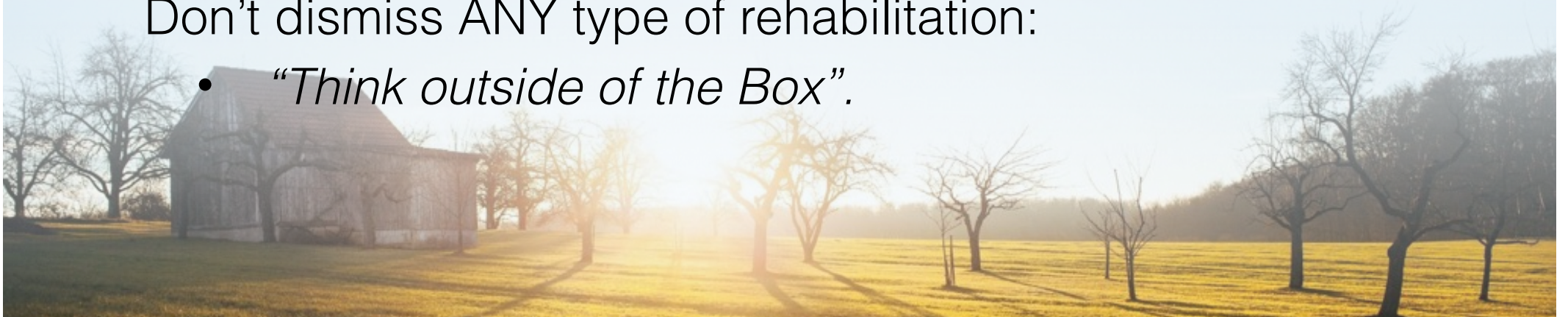
- *Including personalised relevant rehabilitation;*
- *ongoing to meet our changing abilities.*

With adaptations and Support:

- *maintain current career;*
- *interests and hobbies;*
- *family and social activities .*

Don't dismiss ANY type of rehabilitation:

- *“Think outside of the Box”.*





# A Part of My Life.

- Marathons;
- 20 half-marathons;
- Triathlon;
- 30 charity fun runs;
- Overland track, Tasmania.



# Exercise Continued

- Camino de Santiago 2011;
- Walks in NZ;
- Larapinta Trail;
- Great Wall of China *half-marathon*;
- Mt Taranaki NZ.





# Raising Funds and Awareness for Dementia.

- Cycle Challenge 2014:  
Vietnam & Cambodia...

562 kms in 9 days.

- Camino Challenge 2015:  
Camino de Santiago...

825 kms... France, across the top of Spain.

<https://qld.fightdementia.org.au/qld/support-and-services/services-and-programs/dementia-friendly-bathrooms>

**Google: Dementia Friendly Bathrooms**

**Alzheimers Australia Qld.**





Life doesn't stop with a diagnosis of  
dementia.

Provide us with every opportunity.  
Raise your expectations.  
Let us experience our full potential.



**“There has to be a paradigm shift in the way we view  
people with Dementia.”**

Board-certified Internist and Geriatrician, Power, G.A. (2016) *Dementia Beyond Drugs*.



# Lifestyle Considerations

**N**.....**N**utrition and hydration;

**A**.....**A**ttitude, **A**cceptance;

**M**.....**M**ental activities, **M**usic, **M**editation;

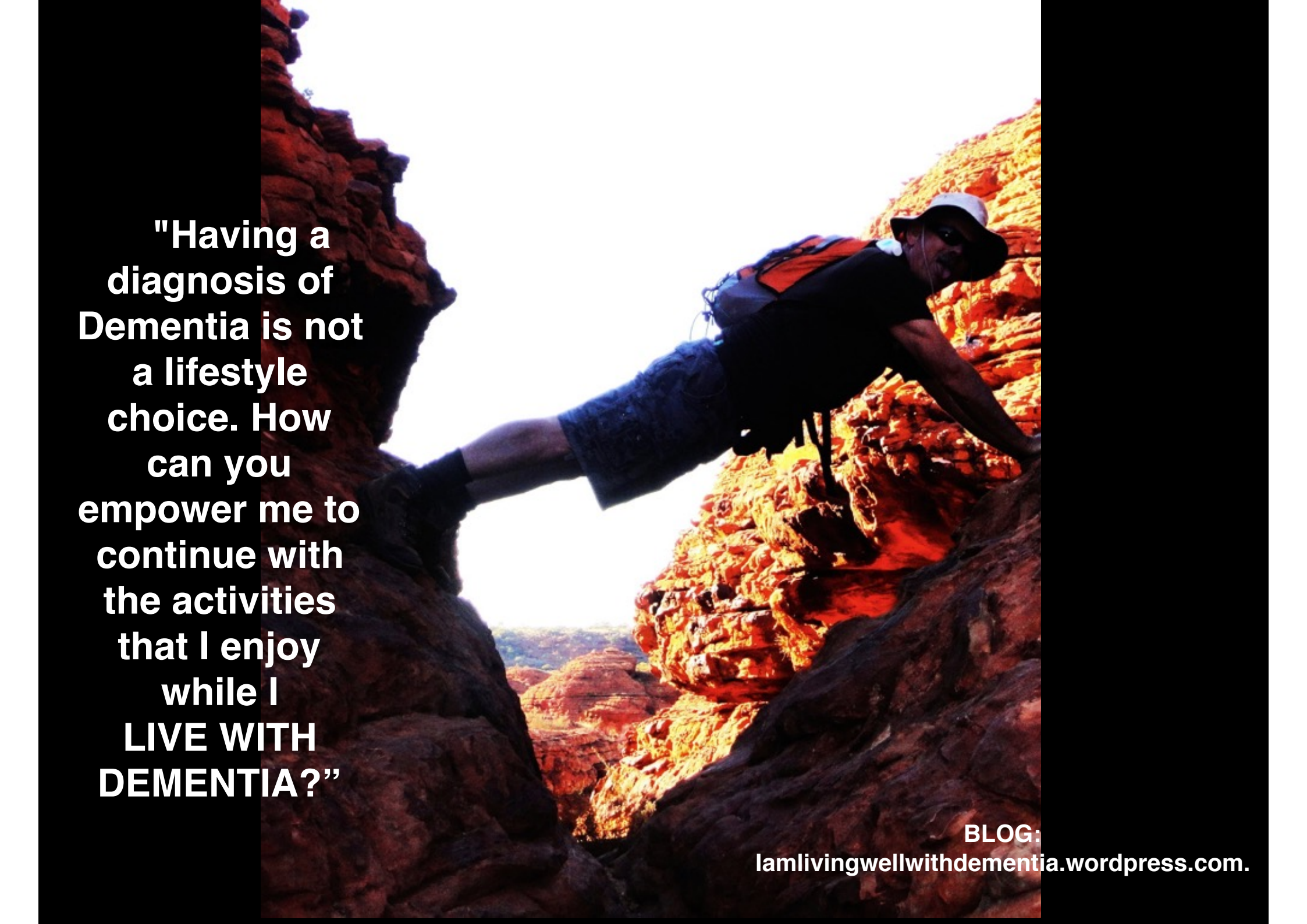
**E**.....**E**xercise, **E**njoyment;

**S**.....**S**ocial engagement, **S**upport, **S**leep, **S**etting goals.

**What is your NAMES?**

**Look after your heart, and you look after your brain.**



A person wearing a white cap, sunglasses, a black t-shirt, and a backpack is rappelling down a red rock cliff. The person is leaning forward, with one leg extended to the left and another to the right, holding onto the rock. The background shows a vast, rugged landscape of red rock formations under a bright sky.

**"Having a diagnosis of Dementia is not a lifestyle choice. How can you empower me to continue with the activities that I enjoy while I LIVE WITH DEMENTIA?"**

**BLOG:**  
[iamlivingwellwithdementia.wordpress.com.](http://iamlivingwellwithdementia.wordpress.com)