

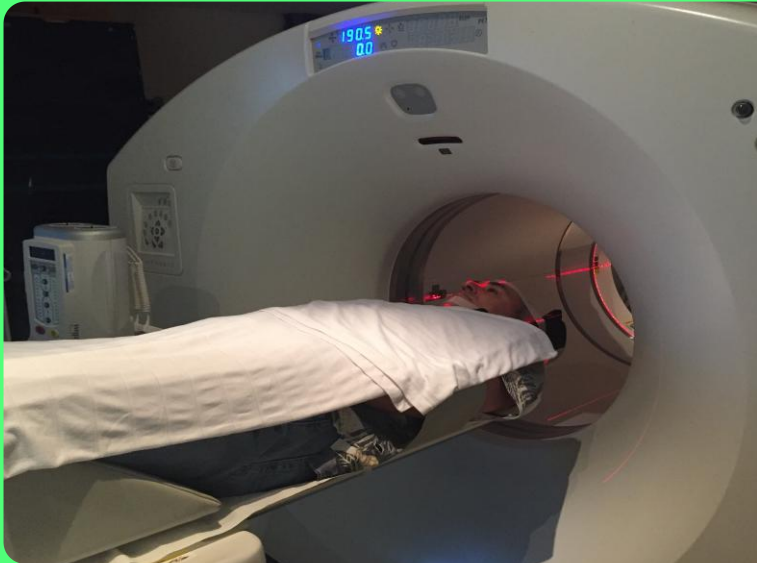
The Importance of adopting a Person- Led Approach when Living with Dementia

**Alzheimers NZ
Conference
28 - 29 September
2026**

Introduction

Diagnosis – August 2019

- **MRI Scan** – July 2018 - No tumours
- **Perfusion SPECT scan** – February 2019 - possibility of Alzheimer's disease
- **First Amyloid PET scan** – total BAPL score of 3 with pronounced binding in Lateral temporal cortex (3) and minor binding in the Parietal cortex (2) and Posterior cingulate cortex/precuneus (2)



Unique Challenges

Unique challenges associated with a diagnosis of Younger Onset Dementia (under 65) include:

- **Maintaining employment** – dreams and aspirations for the future
- **Being a parent in a young family** (Liam was 24, Samantha 22, and Caitlin 17)
- **Relationship with partner and family members**
- **Staying physically and socially active**
- **Recognising your own personhood**

Uncertainty?

- **Uncertainty** about how quickly this condition will progress
How long will it be before I lose capacity?
- **Uncertainty** about what kind of life I will be able to lead
- How long will I be able to stay in my house?
- **Uncertainty** about what the future will hold for my family
- What will happen to my family when I go?
- **Uncertainty** about how others will respond to me
Will others treat me differently?
- **Uncertainty** regarding the type of support that is available
- How will I fight (slow down) the progression of this condition?

Living with dementia continuum



Living with dementia continuum

**Fatalistic
Outlook**



Loss of memory

Loss of independence

Loss of identity

Focus on deficits

See the diagnosis

FLIGHT MODE

A Chance Trip to ***JAPAN***

- 2019 Rugby World Cup
- Last hurrah



Fight mode

Strategy One

- I enrolled in a Clinical Trial – XPro 1595

Strategy Two

- I decided that I needed to learn
- I decided that I needed to act
- I decided that I needed to plan ahead
- I decided that I needed to make changes to my lifestyle
- I decided that I needed a framework that would help guide me
- I decided that I needed to re-build who I now was

Living with dementia continuum

**Fatalistic
Outlook**

**‘Living Well
with Dementia’**



Loss of memory

Live a meaningful life

Loss of independence

Strong sense of self

Loss of identity

Have a purpose in life

Focus on deficits

Focus on abilities

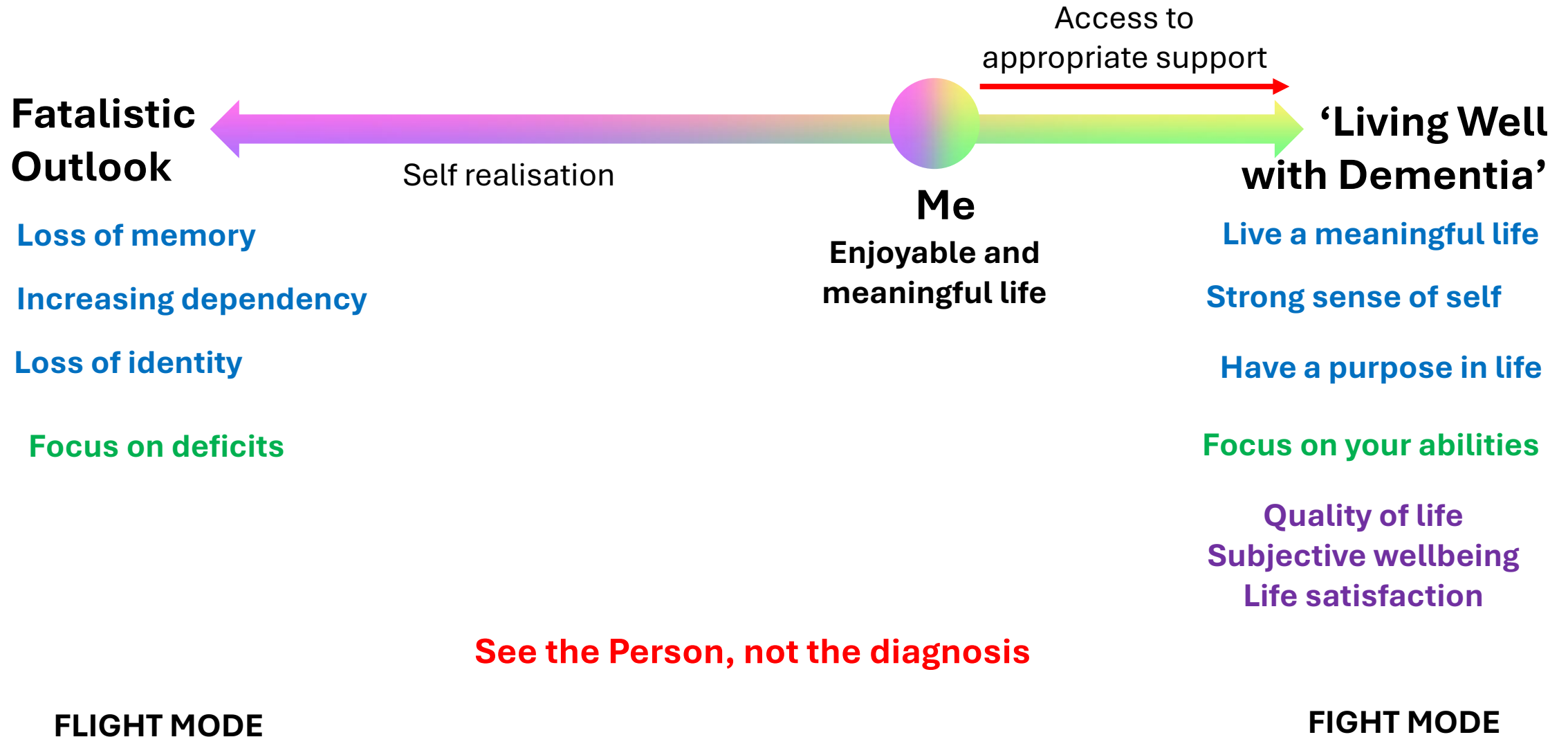
See the diagnosis

See the person

FLIGHT MODE

FIGHT MODE

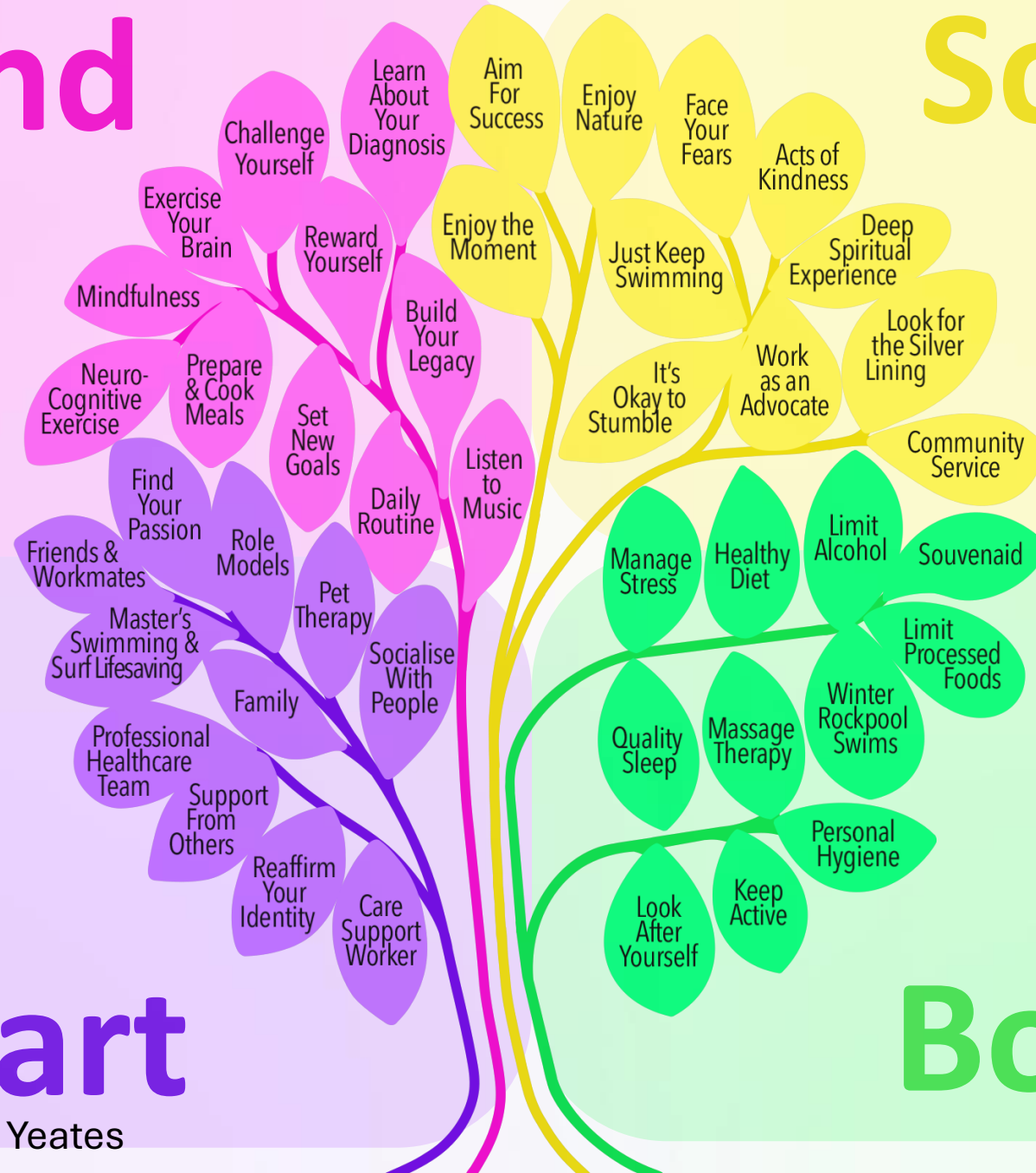
Living with Dementia Continuum



Tree of Awakening Your Positivity

Mind

Soul



Heart

Body

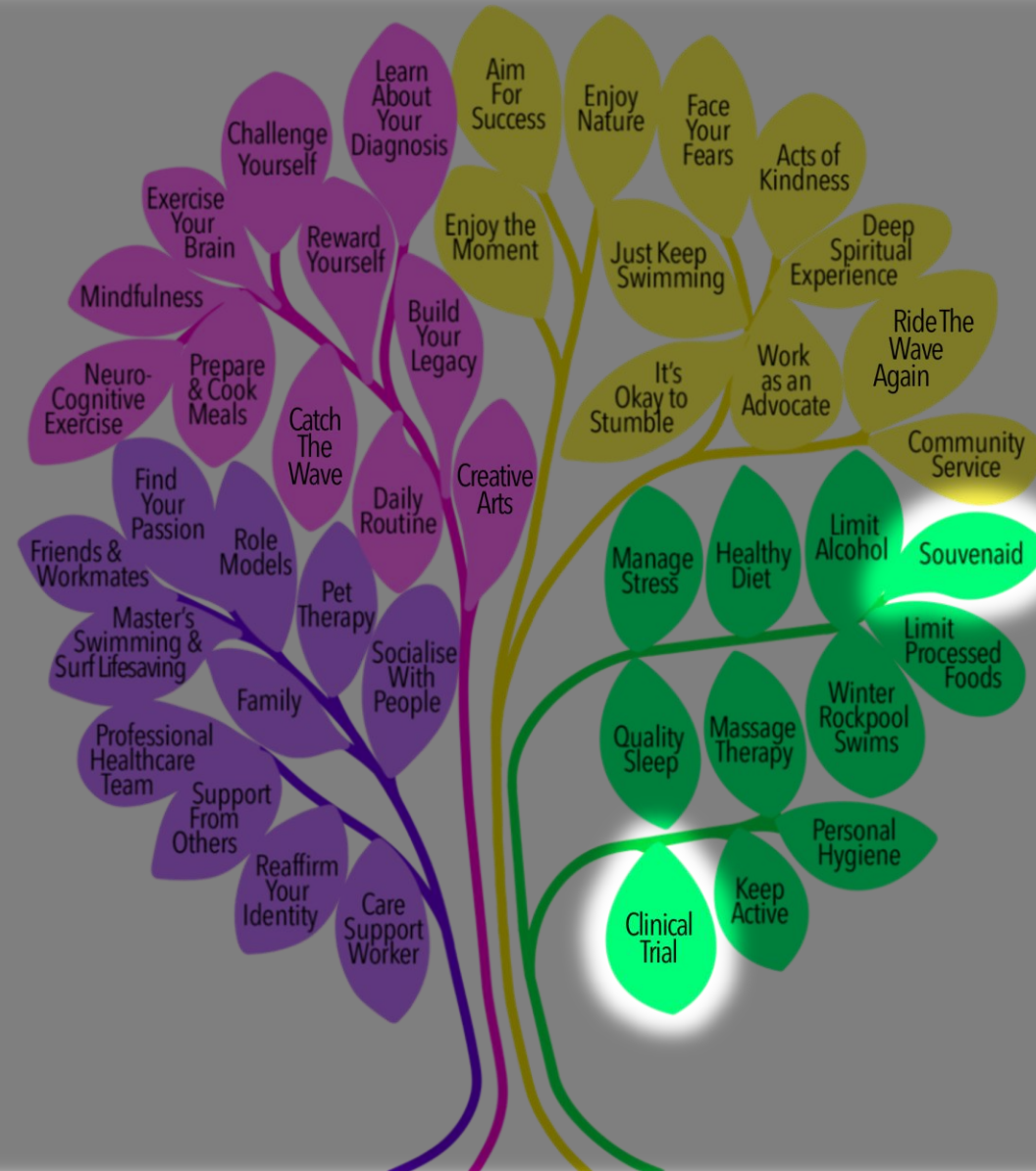
Tree of Awakenning Your Positivity

Mind

Soul

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Lifestyle Changes

Those everyday habits and routines you can intentionally change to support your brain health, physical health, and overall wellbeing.

- Keep active
- Exercise your brain
- Socialise with people
- Healthy diet
- Limit processed foods
- Limit alcohol
- Quality sleep
- Manage stress
- Look after yourself

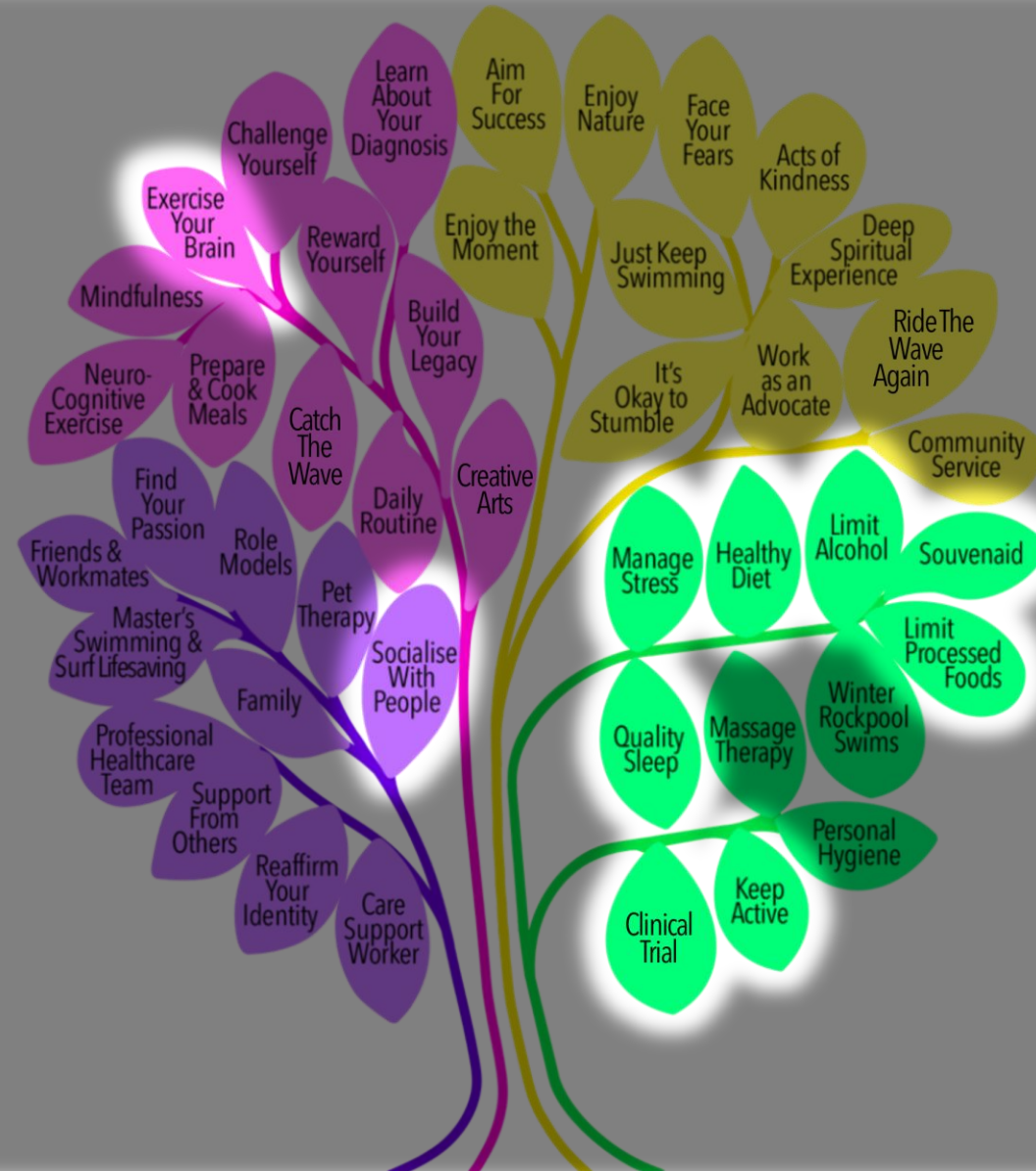
Tree of Awakenning Your Positivity

Mind

Soul

Heart

Body



Psychosocial Interventions are described as
“encompassing interactions between people or self-management activities, techniques, strategies, training, or technology involving sensory, cognitive, physical, behavioural, educational, emotional, social, and/or environmental (single-/multi-) components.”

The other 33 leaves, which represent 75% of my tree, are examples of **psychosocial interventions**.

Other examples of psychosocial interventions are:

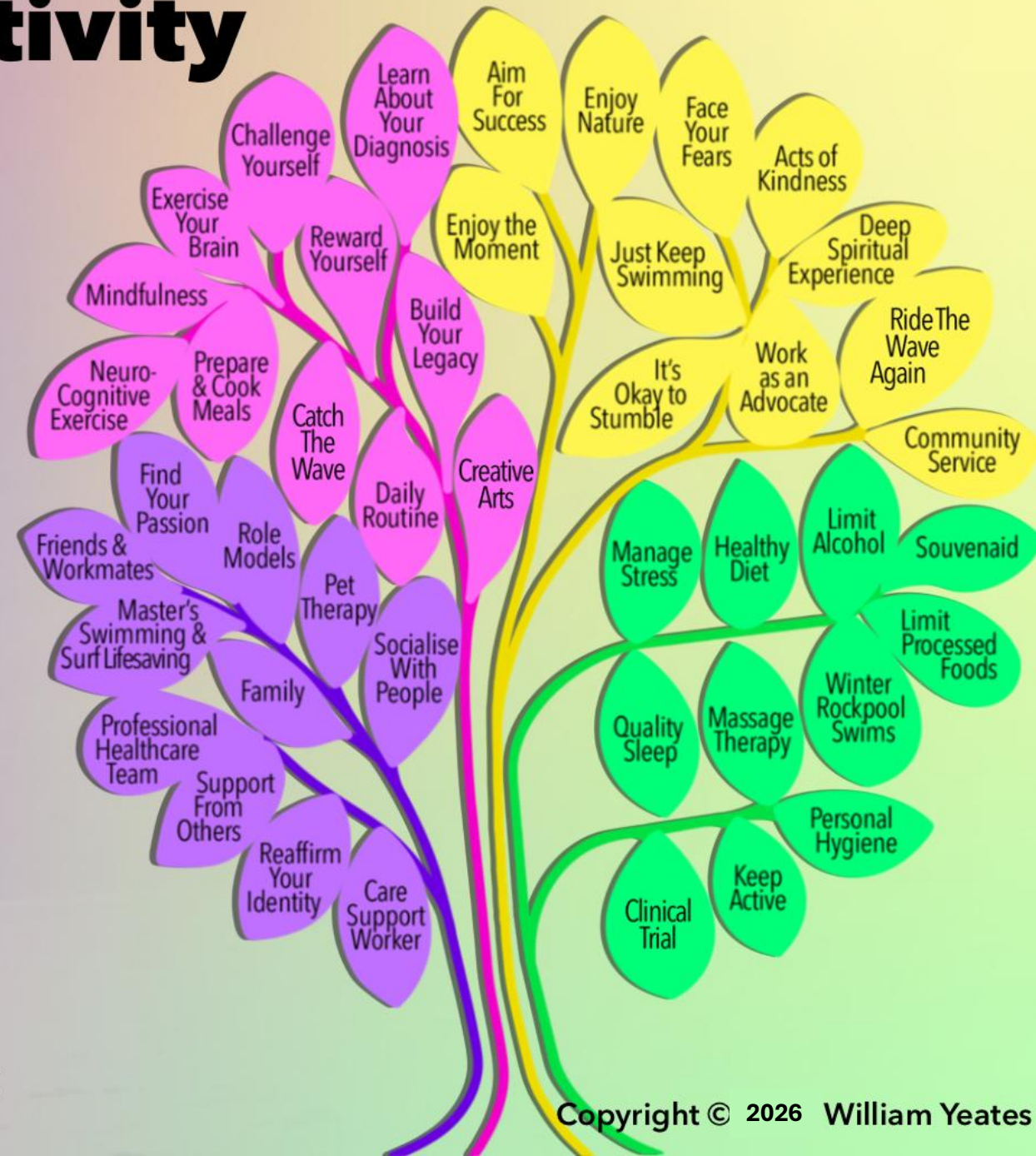
- Aim for success
- It's okay to stumble
- Face your fears
- Acts of kindness
- Work as an advocate
- Build your legacy
- Challenge yourself
- Reward Yourself
- Prepare and cook meals

Awakening Your Positivity

Living a Better Life With Dementia



William (Bill) Yeates



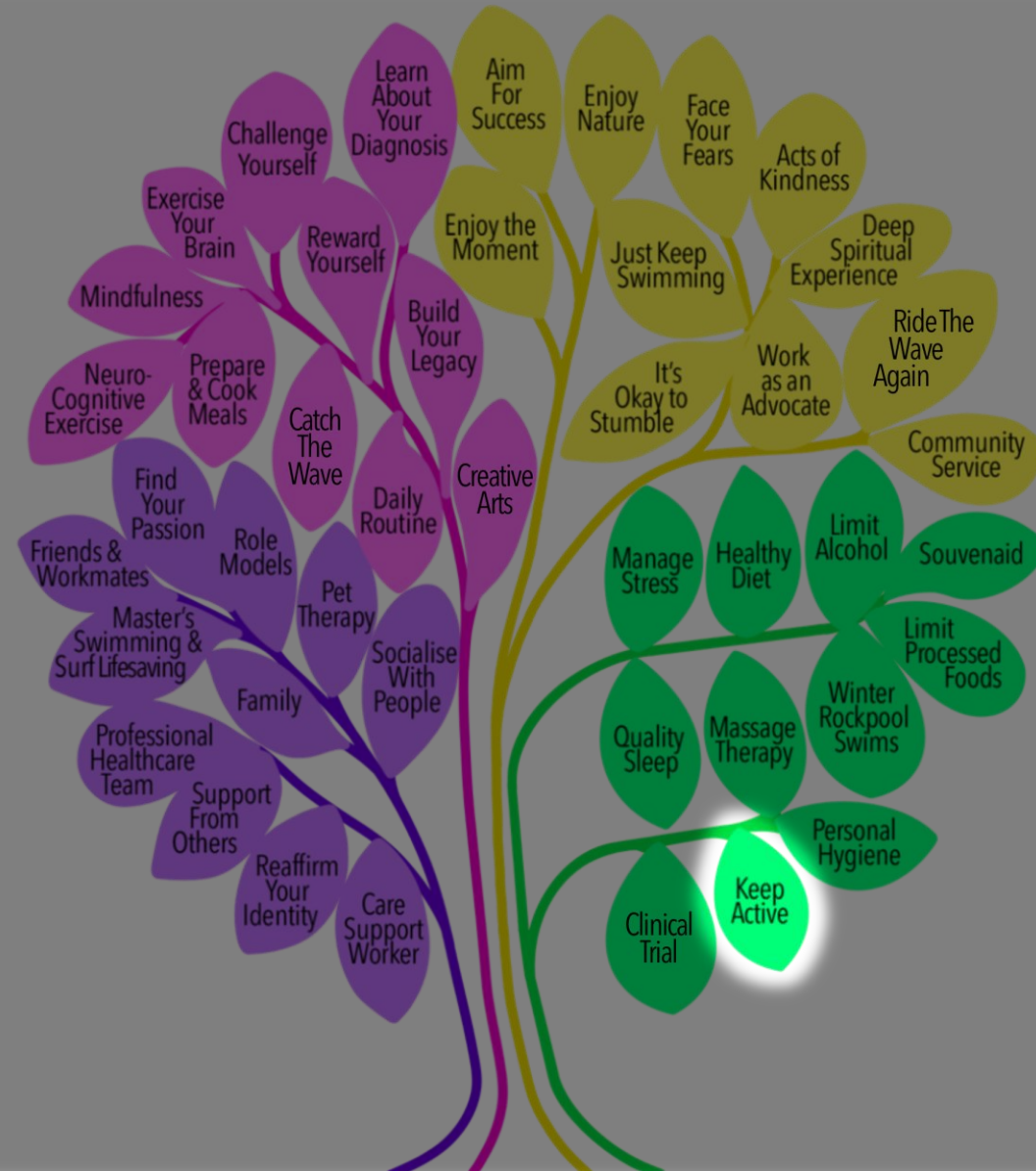
Leaf: Keep Active

Mind

Soul

Heart

Body



Keep Active means staying engaged with life through regular movement. This might look like:

- Walking along a coastal path
- Swimming laps (training) in the pool
- Gardening
- Mowing the lawn
- Stretching in the morning
- Paddling a board on the dam and in the surf

Movement increases blood flow to the brain, strengthens muscles and improves your balance.

Video: Excerpt from The Benefits of Walking Your Dog



Master's Swimming



Master's Surf Lifesaving



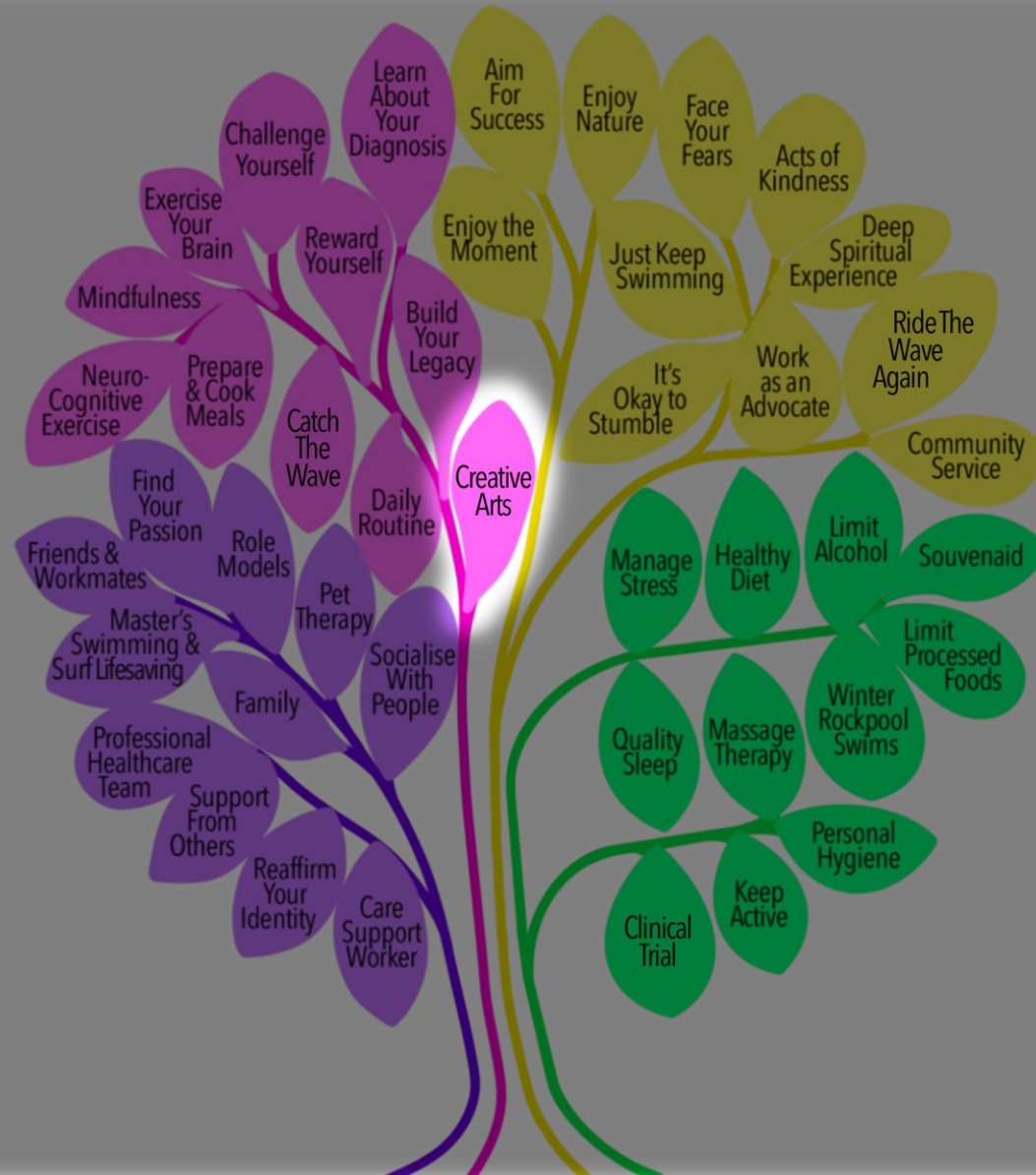
Leaf: Creative Arts

Mind

Soul

Heart

Body



Leaf: Creative Arts



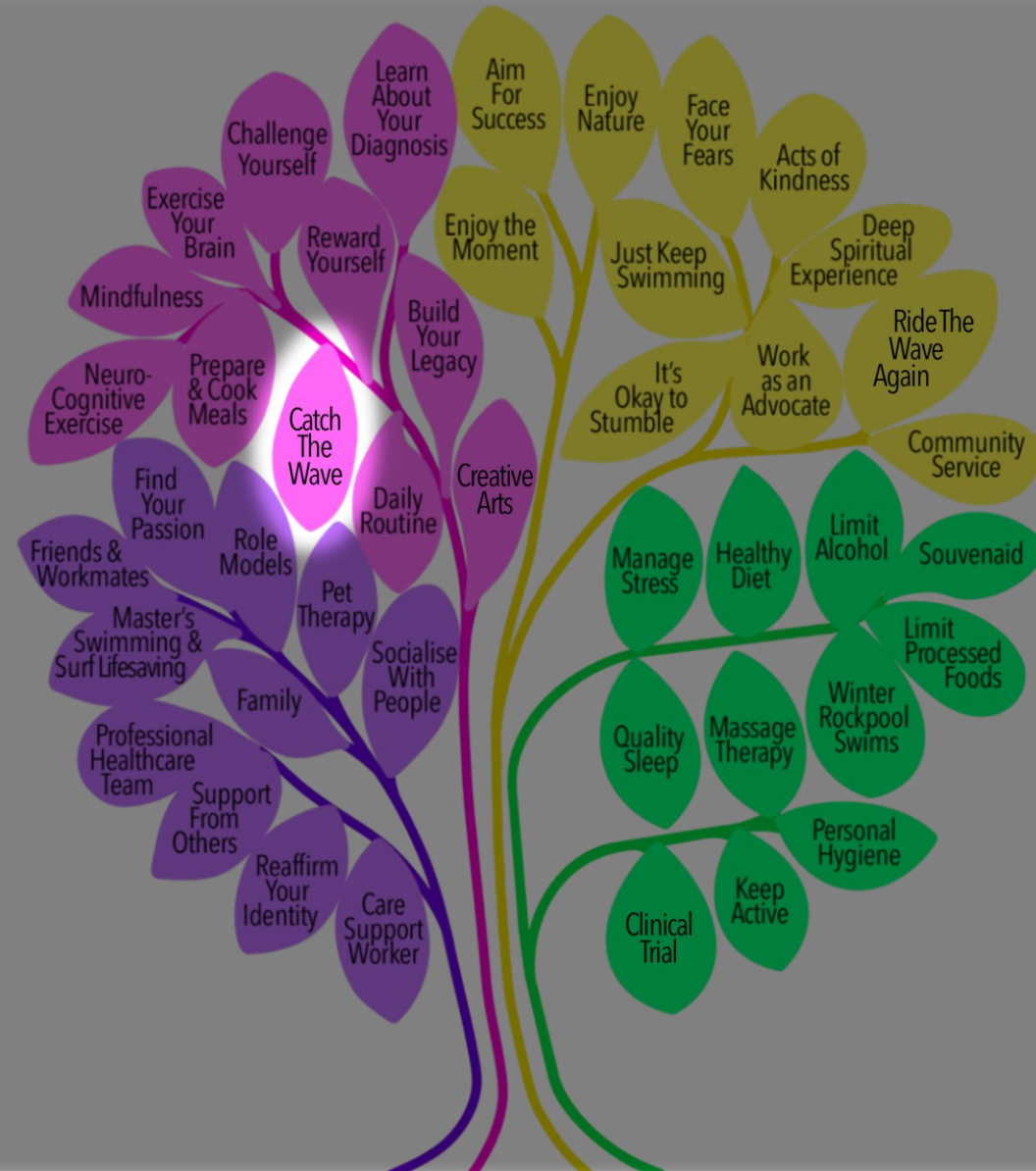
New Leaves for 2026

Mind

Soul

Heart

Body



Catch The Wave

**Taking the
opportunity to
challenge myself
and attempt to do
something I
haven't done
before:**

- **2022** - Competed in World Master's Surf Lifesaving Championships in Italy
- **2023** – Completed my first Ocean Water Swim in Fiji
- **2024** – Participated in the Walking the Talk for Dementia in Spain
- **2025** - Accepted as a board member at Alzheimer's Disease International
- **2026** - Learning how to juggle three balls

Catch The Wave: 2023 Fiji Ocean Swim



Catch The Wave: 2024 Walking The Talk For Dementia



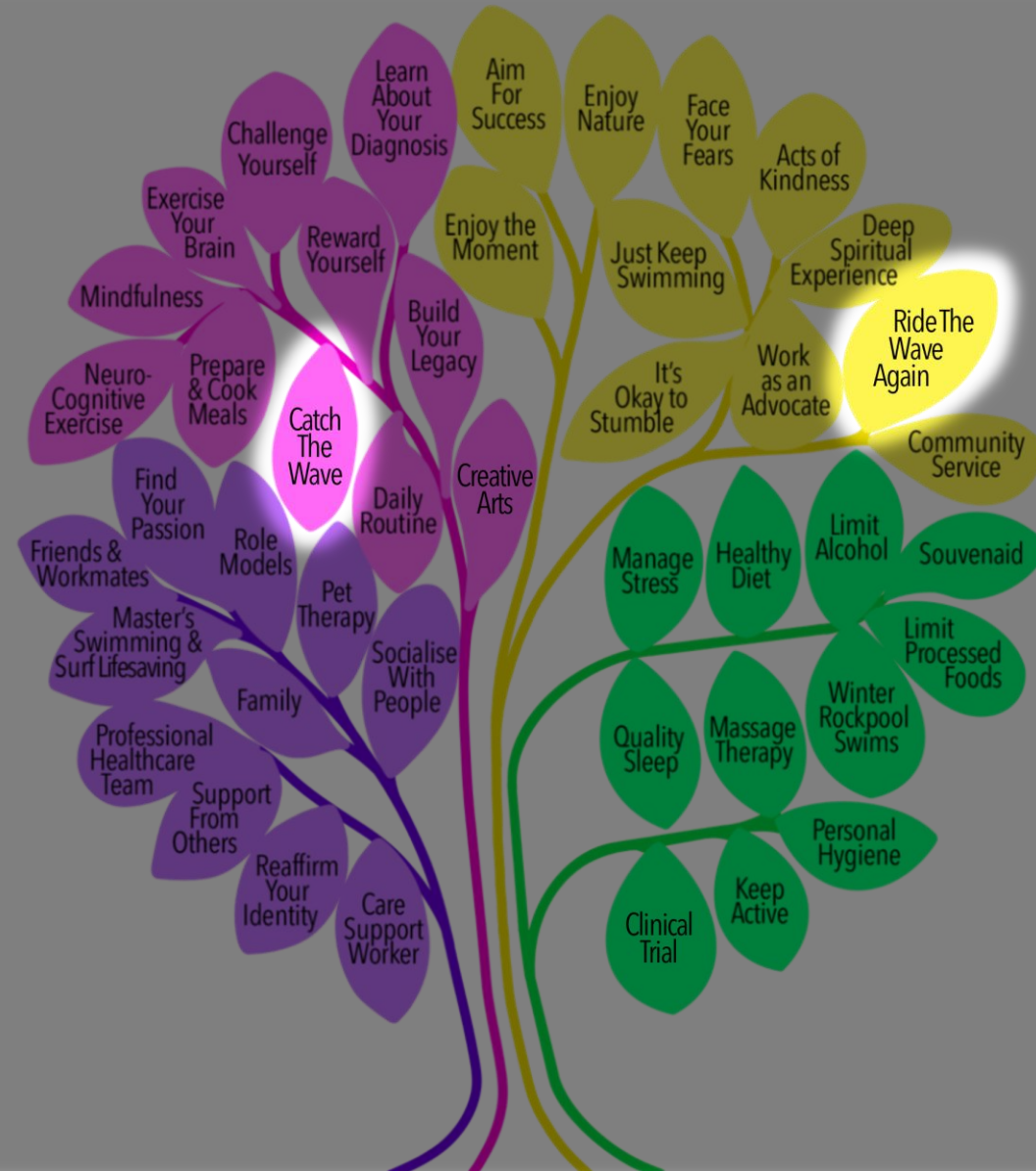
New Leaves for 2026

Mind

Soul

Heart

Body



Ride The Wave Again

**Taking the
opportunity to do
some of the things
I used to enjoy
*before my
diagnosis***

- Volunteer Surf Lifesaver
- Going to open air concerts
- Wine Tasting
- Riding a surfboard
- Martial arts training
- Playing tennis and squash
- Playing a round of golf
- Snow skiing
- Bowling a cricket ball
- Playing pool or snooker

Ride The Wave Again: Going to Open Air Concerts



Kate Ceberano

Conclusion