



Dementia Conversations



Dementia  
Friendly  
America™  
NEVADA

## Dementia Friendly Nevada's Dementia Conversations Group Guidelines

1. Dementia Conversations is a **public idea exchange** that engages participants in **collaborative learning** via **Zoom videoconferencing**. Everyone is welcome to join, especially people living with dementia and family care partners. Each week, the co-hosts will work with participants to select a topic to explore about **living well** within the context of dementia. As representatives of Dementia Friendly Nevada, the co-hosts will also share helpful resource information (e.g., Nevada Dementia Supports Toolbox). The co-hosts and participants will share practical perspectives on common issues that people often encounter within the context of dementia. There is a lot we can learn from each other.
2. Each Dementia Conversations session, lasting **90 minutes**, is **co-hosted** by a person who is living with dementia and a family care partner who offer their personal perspectives on the weekly topic. They do not offer their perspectives as the 'truth', 'facts', or 'science' on dementia, but as reflections on their own experiences and 'food-for-thought' that may or may not be helpful to other people within the context of dementia. However, in sharing their perspectives, the co-hosts may draw upon the scientific literature and evidence-based examples.
3. The experiences of living with dementia and care partnering are varied and diverse. No two situations are exactly the same and **there is seldom one approach or practice that works well for everyone**. To avoid what geriatrician and author, Dr. Al Power, calls the "fallacy of homogeneity," Dementia Conversations opens a space for a variety of ideas to be shared and considered.
4. During the session, **participants will be invited to share their unique perspectives** on the weekly topic. However, **sharing is optional**. Participants are free to either engage and respond or say "pass" when called upon. There are no right or wrong answers. There is just each person's experience.

5. While Dementia Conversations aims to create a supportive, non-judgmental space, it is **not a support group**. Many participants, however, consider the group interactions that take place as a type of informal support. If you are looking for a formal support group opportunity, which Dementia Friendly Nevada highly recommends, please consult the Dementia Friendly Nevada website for an array of formal social and emotional support opportunities on our list of online resources: <http://dementiafriendlynevada.org/online-resources>
6. At the beginning of each Dementia Conversation, each participant will be asked to share their name, location and how they are affected by dementia (e.g., person living with dementia, person living with memory loss, family care partner, professional care partner, friend of someone affected by dementia, student, etc.). **All are welcome!** We do ask, however, that participants refrain from promoting any commercial interests. While the co-hosts will share information about grant-funded and freely available resources in Nevada, this is not a space to advertise fee-based services or to recruit clients or research participants.
7. As the conversation unfolds, participants will be invited to share their insights and experiences related to the weekly topic. However, because it is a public forum, **confidentiality and anonymity are not guaranteed**. Participants are encouraged to only share what they are comfortable sharing within a public forum.
8. Here is a list of **group guidelines** to support participants in creating a dementia-friendly and inclusive space for active engagement:
  - Participants are strongly encouraged to participate via **videoconferencing**. Seeing each other helps promote a safe space for sharing and the development of trusting relationships. However, if videoconferencing is not possible, participants can participate with audio only.
  - Participants will be asked to **mute** themselves unless they are actively sharing to reduce background noise and promote effective communication.
  - The co-hosts will work to ensure that **everyone has a chance to share**. Some people are naturally more talkative than others. The co-hosts may invite participants who are quieter to share their perspectives as well.
  - Participants are encouraged to **limit their sharing to a few minutes at a time** to open a space for other participants to share. Our hope is that we will hear from all participants during the session.
  - New questions and potential discussion topics may emerge as a result of the conversation. If participants steer the conversation to a new topic, the co-hosts

will either confirm the group's desire to transition to the new topic, or respectfully bring the group back to the original topic.

- If the co-hosts feel the conversation is becoming controversial and/or antagonistic, they will respectfully jump in and remind participants there are **no right or wrong answers, only different perspectives**, and that we can agree to disagree. Dementia support is complex.
  - **Avoid giving specific advice** to other participants. What works for one person may not work for another person. It's best to only share from your own experience or perspective, saying things like, "This is what I have found helpful..." or "From my perspective..." versus "You should do this..." or "My advice is..."
9. Each Dementia Conversation concludes with a **learning circle** in which each participant is invited to **share one take-away** from the day's session (though participants are welcome to pass if they would prefer not to share). The learnings developed as part of this collaborative conversation are usually rich, meaningful, helpful, and uplifting. The co-hosts of Dementia Conversations look very forward to learning with and from you as part of this **inclusive exchange**.
10. Dementia Conversations is intended to support people living with dementia and family care partners in Nevada in living well. Dementia care and support poses multiple complexities and sometimes challenges. Please note that any person may report an incident of abuse to **Nevada's Adult Protective Services** if they have reasonable cause to believe that a vulnerable adult has been abused, neglected, exploited, isolated or abandoned. All information received as a result of a report is maintained as **confidential**. To make a report, please utilize these phone numbers:
- Las Vegas/Clark County (702) 486-6930
  - Statewide/All Other Areas (888) 729-0571

If you feel like someone is in immediate danger, the local police, Sheriff's office or emergency medical service should be contacted. If the person is not in immediate danger, the report should be made via one of the designated phone numbers above.