

**Through The Eyes of Dementia**

**Scripted words: 1420 words**

**Run time:**

TIMECODES	English Spoken Words	Translation
00:00:04:09 to 00:00:15:11	My name is Saima and I <b>am</b> a carer for my father who is 81 years old. He has a diagnosis of dementia and <b>he has</b> had dementia for five to six years.	
00:00:17:03 to 00:00:26:22	He requires us to guide him through whether it's day or night. We have to encourage him to wash and dress himself and to motivate him to eat.	
00:00:29:00 to 00:00:42:00	So the first thing that we noticed that was different about my dad was that he started to forget what day it was, and what time is it? Or where have I put my glasses or can you remember where my watch is.	
00:00:42:00 to 00:00:48:22	He couldn't remember the way to some of the usual places that we visited.	
00:00:49:00 to 00:00:58:00	And then I think what made us realize that this is definitely something quite serious is when he forgot how to use a remote control.	
00:01:00:00 to 00:01:07:00	I think <b>that is</b> when my heart sank really, that this is not related to a physical health problem. This is probably dementia.	
00:01:08:00 to 00:01:18:00	Dementia is a collection of symptoms, which can affect memory, thinking, planning, mood, behaviour, and even the way that you see the world around you.	
00:01:19:14 to	If it starts to affect your daily life, it's called dementia.	

00:01:22:13		
00:01:24:18 to 00:01:32:18	Some of the signs and symptoms that can accompany dementia are forgetfulness. So people tend to repeat the same sentence over and over again.	
00:01:34:05 to 00:01:43:00	Sometimes people don't see the world as they used to. They may look in a mirror, see a reflection, not recognise it and think somebody else is in the room.	
00:01:44:08 to 00:01:55:00	It's important to remember that there's more to the person than just the dementia. The person that you know and love is still there, and that they may experience symptoms which are not their fault.	
00:01:56:05 to 00:02:06:00	On a day to day basis, my dad will not know, the environment that he's in, so he won't know where the toilet is, he won't know where the bathroom is.	
00:02:07:00 to 00:02:16:00	Sometimes he thinks he's in Pakistan, and <b>we</b> will say, "all right, okay, which part of Pakistan are you in?" And <b>we will</b> go along with that, because we know he doesn't understand where he is.	
00:02:16:00 to 00:02:27:00	And <b>we will</b> just accept that and go with that rather than correct him, because that will make him more upset, frustrated and annoyed. And we don't want to do that. We want to help him stay calm and feel safe.	
00:02:27:00 to 00:02:33:00	My name is <b>Sophia</b> Malik, and Riaz Malik is my father in law.	
00:02:34:00 to 00:02:38:00	My father in law, <b>he is</b> currently struggling with dementia.	
00:02:38:00 to 00:02:49:00	I think the common or daily behaviour of my father in law that we all pick up on, is just the constant repetition	
00:02:50:00 to	whether <b>it is</b> in regards to asking questions, whether <b>it is</b> in regards to	

00:03:04:00	something <b>that is</b> so important to him that he likes to share that over and over again, <b>that is</b> the main thing that <b>we have</b> noticed, that has affected him in this stage at the moment.	
00:03:05:00 to 00:03:23:00	In regards to taking care of my father in law, <b>it is</b> a collective effort. But the main carer is my mother in law because they live together in the house by themselves. So clearly, night, morning, and anything in between is her job.	
00:03:24:00 to 00:03:31:00	<b>It has</b> been difficult, for my mother in law, because <b>she is</b> learning as well on how to deal with it and come to terms with it.	
00:03:31:00 to 00:03:51:00	“For me it is very difficult to look after a person with dementia. Sometimes he shouts, sometimes he speaks very slowly, sometimes he does not want to eat – these are all very difficult things.”	
00:03:51:00 to 00:03:57:00	This is how I’m spending life, <b>it is</b> hard but thanks to god <b>I am</b> living.	
00:03:58:00 to 00:04:09:00	It is very heartbreaking to see him in this condition when you pull up outside the house and <b>he says</b> , are we home? Is this where I live? You know?	
00:04:16:00 to 00:04:19:00	<b>It is</b> sad.	
00:04:23:00 to 00:04:33:00	Because of his dementia, and him getting lost when he goes outside we try to limit where he goes and going to the mosque on Fridays was his highlight.	
00:04:33:00 to 00:04:44:00	So we try to as a family, if <b>it is</b> half term, or if anybody <b>is</b> around, they will come here and <b>they will</b> take him with them so that at least he can get a sense of a little bit of normality back.	
00:04:44:00 to	He enjoys going to the mosque, <b>it is</b> an excuse for him to meet his old friends. He likes chit chatting and he likes meeting people.	

00:04:52:00		
00:04:55:00 to 00:05:04:00	People living with dementia and their carers can live well with this condition. Although people may be forgetful, they can still have very enjoyable experiences.	
00:05:05:00 to 00:05:12:00	There are lots of community activities such as reminiscence classes, dancing, singing and other activities.	
00:05:14:00 to 00:05:20:00	As a family, one of the things we appreciate is the Together Dementia Support group.	
00:05:20:00 to 00:05:26:00	It was much needed for him. For my mother in law, <b>it is</b> the two hours respite she gets in the whole week.	
00:05:26:00 to 00:05:34:00	If he remembers anything, he has something different to talk about with his family. If he does any arts and crafts there, <b>he is</b> able to produce something.	
00:05:37:00 to 00:05:46:00	He by nature is a jolly man. So it is nice to see that on his face when he comes back. <b>It is</b> a blessing in disguise.	
00:05:47:00 to 00:06:04:00	When I go to the group, I chit chat with friends, I feel mentally fresh, I meet people, so I feel mentally fresh.	
00:06:09:00 to 00:06:21:00	My advice to other people who might be in a similar position, or they suspect that a loved one might have dementia, <b>it is</b> really important to go and see a professional.	
00:06:21:00 to 00:06:28:00	We <b>could not</b> have supported my dad as well as we do without the support of our GP.	
00:06:28:00 to 00:06:44:00	<b>It is</b> really important to get support from the dementia nurse or the Alzheimer society, collect information increase your understanding about what dementia is, how it affects people, because our	

	experience with our father is unique.	
<b>00:06:44:00 to 00:06:54:00</b>	Everyones dementia is very different. And there are different types of dementia. So the more information that you can collect, the better prepared you can be to help support your loved one.	
<b>00:06:55:00 to 00:07:02:00</b>	My name is Shafa Begum, my dad passed away three years ago of diagnosed dementia.	
<b>00:07:02:00 to 00:07:22:00</b>	Caring for my dad, it was very difficult for my mom. A lot of hard work really, looking after somebody 24 hours <b>seven days a week</b> who had severe dementia at the end. It is not a shame really to ask for help when we are caring for people with dementia.	
<b>00:07:22:00 to 00:07:27:00</b>	You know, we must get this help otherwise you'll burn out.	
<b>00:07:27:00 to 00:07:40:00</b>	Looking after a person with dementia can be challenging. The GP can be very helpful in dementia, from initial diagnosis through helping support you as the illness may progress.	
<b>00:07:40:00 to 00:07:47:00</b>	<b>It is</b> very important as a carer that you look after your own health. So please visit your GP for support.	
<b>00:07:48:00 to 00:08:01:00</b>	My advice to anybody who is going through this would be, culturally speaking, we consider old age and forgetting things to be part of old age.	
<b>00:08:01:00 to 00:08:09:00</b>	Whereas we clearly know now that dementia is a disease. There are steps that can be taken to slow it down.	
<b>00:08:09:00 to 00:08:17:00</b>	We have to culturally accept that. If there is help, there's no shame in going for that help.	
<b>00:08:09:00 to 00:08:25:00</b>	You can save yourself a lot of hassle if you pick up on it, and <b>just</b> <b>(delete the word just)</b> bring it to your doctor's attention.	

<b>00:08:25:00 to 00:08:35:00</b>	It is a big stigma in our South Asian community. Once people are diagnosed with dementia, people don't like to talk about it.	
<b>00:08:35:00 to 00:08:44:00</b>	Our generation is getting older, we must have more awareness about how to look after these people and have the best quality of life for them.	
<b>00:08:46:00 to 00:08:54:00</b>	Caring for someone with dementia can be both very rewarding and also very upsetting. And it also has its challenges.	
<b>00:08:55:00 to 00:09:01:00</b>	It was very difficult for me and my family to accept that my dad's got dementia.	
<b>00:09:01:00 to 00:09:11:00</b>	Because we knew what would lie ahead that he would <b>not</b> always be the same person that he was.	
<b>00:09:12:00 to 00:09:21:00</b>	<b>I am</b> very close to him, and I <b>can not</b> talk to him about the things that I once did. So if I want any advice, I know I <b>can not</b> have that conversation with him.	
<b>00:09:22:00 to 00:09:31:00</b>	But the rewarding part is knowing that we can help him to remain as independent as possible and enjoy his life as best as possible,	
<b>00:09:31:00 to 00:09:39 :00</b>	and that he <b>is</b> still with us, but not in mind. Physically, we still have his presence which is very comforting.	
<b>VIDEO 2</b>	Dementia is a real condition	
	In the UK over 850,000 people are living with dementia	
	Early signs of dementia are	
	Appearing confused,	

	Changes in behaviour,	
	Forgetfulness,	
	<b>Do not</b> suffer in silence.	
	See your GP	
	And get the support you need	