At the end of the DW 2019 Symposium participants were asked to reflect on the learning from the day, and to identify an action they intended to make in response to their learning. Below is the list of shared Reflections and Actions which have now been grouped into themes and resources have been added to assist with implementation. Let us know how you get on!

<table>
<thead>
<tr>
<th>Reflections &amp; Actions</th>
<th>Supports &amp; Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dementia Friendly communities</strong></td>
<td><strong>Become a Dementia Friend</strong></td>
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<tr>
<td>• Be transparent/honest with people</td>
<td>• Contact Dementia Wellington for resources and guidance</td>
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<tr>
<td>• Use positive empowering language</td>
<td>• Attend/ promote Dementia Wellington’s seminar for anyone with questions about dementia: Navigating Dementia</td>
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<tr>
<td>• Increase education and awareness of the needs of people with dementia – potential for living well</td>
<td>• Attend/ promote Dementia Wellington’s seminar for organisations: Understanding and respecting clients with dementia</td>
</tr>
<tr>
<td>• Become a Dementia Friend – complete online training through Dementia Wellington</td>
<td>• Complete/ promote online dementia education like:</td>
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<tr>
<td>• Get a hold of Dementia Wellington</td>
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<tr>
<td>• Help promote dementia friendly communities</td>
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<tr>
<td>• Provide education to the community</td>
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<tr>
<td>• Impressed with Westpac Bank – good example</td>
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<tr>
<td>• Spread the word, do not have to be clinical</td>
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<tr>
<td><strong>Family/whanau support</strong></td>
<td><strong>Connect to Dementia Wellington’s support groups</strong></td>
</tr>
<tr>
<td>• Family support evenings</td>
<td>• Attend/ promote Dementia Wellington’s Dementia Essential seminars and courses</td>
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<tr>
<td>• Looking after carer/family</td>
<td>• Contact Dementia Wellington for advice/guidance with establishing a support group on (04) 972 2595</td>
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<tr>
<td>• Look at greater network for family group</td>
<td>• Contact/ refer to WellElder – a specialist counselling service for older people</td>
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<tr>
<td>• Support/education in later stages of dementia</td>
<td><strong>Continued overleaf...</strong></td>
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</tbody>
</table>
### Maintaining independence and maximising maximum brain health

- Use specific skills and talents for people living with dementia
- Focus on early intervention and importance of interface between living independently and helping to normalize the path to residential aged care facility.
- Living well plan
- Engage people with dementia in discovery
- Hear their voice
- CST
- Stimulation – ie reading, drawing the mind
- Look at use of more stimulating activities
- Recommend GPS app for finding your car - Mongoose Car Tracker
- Get hearing checked/addressed
- Keep socially active
- Eat well
- Keep reading
- Complete/ promote online dementia education like:
  - The University of Tasmania’s [Understanding Dementia course](#)
  - Dementia Australia’s [Your Brain Matters](#)
- Attend/ promote Dementia Wellington’s Living Well with Cognitive Impairment course
- Complete/ promote Dementia Wellington’s Living Well Plan
- Attend/promote Cognitive Stimulation Therapy – with either Dementia Wellington or [Cognitive Connectionz](#)
- Investigate whether a [personal tracker](#) would be appropriate

### EPOA and Advance Care Planning

- Promote ACP conversations
- Ensure Advance Care Plan carried out
- Have more discussions with partner re ACP and have longer term discussion re ongoing care
- Start ACP conversations – those around us and ourselves
- Talk to person with EPOA to relieve burden
- Complete an [Advance Care Plan](#)
- Attend an [ACP training day](#)
- Contact Sarah Togher, Dementia Wellington’s ACP coordinator:
  - sarah@dementiawellington.org.nz
  - 020 41122 196
- Find out more about [EPOA](#)