Dementia Diaries

What is Dementia Diaries?
Dementia Diaries is a UK project funded by Comic Relief and The Big Lottery Fund. It is co-ordinated by Innovations in Dementia and closely aligned with DEEP (the UK Network of Dementia Voices).

Dementia Diaries enables people who are living with dementia to record day-to-day reflections and experiences as short recordings (‘audio diaries’).
The audio diaries are posted on:
- Soundcloud – https://soundcloud.com/dementia-diaries
- The Dementia Diaries website - https://dementiadiaries.org/
- Twitter @DementiaTweets

Why is the project important?
By enabling people to talk about their lives to the public, we hope to improve understanding of the diverse experiences of living with dementia. Communities, individuals, professionals, and services can become more aware, and have a better understanding, of day-to-day life experiences. Recordings can be used to help others affected by dementia or publicly by professionals in training, media, meetings, or conferences.

What do Diarists say about the project?

“Dementia Diaries is one of the best projects that I as a person living with dementia have had the privilege of taking part in. It gives people with dementia a platform to express what is good and bad regarding dementia and things that affect our wellbeing. I can see and hear what my peers are reporting about, which is very important to me, as it helps you understand that you are not alone, and that is very reassuring.” Tommy Dunne, Liverpool

“Dementia Diaries is a wonderful tool that enables us lot who have to cope with dementia to express ourselves with our thoughts or memories either now or long ago. It gives an insight to those who read our stories of those difficulties that perhaps to them are quite normal, whereas for us are a nightmare.” Steve Clifford, Stockport
“There are many others who have so much they want to say, but they can’t do it in front of an audience… and the Diary is their audience, as it is ours as well. People can pick the phone up in the comfort of their own home and say what they want. And it still goes out to an audience of many, many people. And that is important, for everybody to have their voice heard. Whether you can stand and do it in public or whether you can do it to the Diary.”

Peter Berry, Suffolk

“Through Dementia Diaries, we’re allowed to voice our opinions, our feelings, our thoughts, to enable those without dementia to take a glimpse into the reality of our world.”

Wendy Mitchell, Yorkshire

How you can help promote Dementia Diaries
You can:

- Talk to people with dementia who you know, to invite them to become a Diarist
- Use Social Media to share reports
- Try to integrate Dementia Diaries into projects or training you might be involved in
- Transcribe people’s recordings

For further information please contact:

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[Links and contact information]