



Dementia Diaries: Information for Volunteer Transcribers

(updated August 2018)

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.

Dementia Diaries enables people who are living with dementia to record their day-to-day reflections and experiences as short recordings ('audio diaries').

The audio diaries are then posted on:

- Soundcloud – www.soundcloud.com (search Dementia Diaries)
- The Dementia Diaries website - www.dementiadiaries.org
- Twitter @DementiaTweets
- Facebook www.facebook.com/dementiadiariesposts

Recordings are available to the public as soon as they have been published.

Why is the project important?

By talking about their lives to the public, we hope to improve understanding of their 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.

How do you become a transcriber?

It's so simple! You don't even have to contact us! Just go onto the website whenever you like (<https://dementiadiaries.org/>) and click on the tab on the far right called 'Audio Diaries that Need Transcribing'.

Start to play the recording on the left and type in your transcription into the box on the right. Pause the recording whenever you need to catch up or correct. It's usually best to play the recording at least twice to make sure you have caught everything correctly.

If you simply can't hear a specific word or phrase, just type [inaudible] and keep going.

This should take between 10-20 minutes. When you have finished, copy your transcription and paste into an email to Niblock@myid.org.uk

Please also click on Submit (note: it may not seem to have worked, but it has!!)

You can do as many or as few transcriptions as you like – we appreciate every one! We also hope you enjoy it – here is a quote from one of our transcribers:

'It was a pleasure to find such an innovative project that provides people living with dementia with a platform to be able to talk about their experiences. I hear about their triumphs and their challenges, I laugh with them in the humorous moments, and I sit with them in awe at the resilience they show in the face of adversity. I feel pride at their achievements, and I agree when they talk about the stigma or difficulties they face. I learn - I really learn a lot from their voices. It takes very little time to transcribe a Dementia Diaries entry, I feel that it is the least that I can do - and I feel good about doing it!'

Tips on transcribing

All our transcribers do things slightly differently and that is fine. But here are a few tips:

Try to type the words you hear. Don't abbreviate or edit.

If there are pauses or gaps, you could put in dot dot dot ...

Putting in paragraphs is helpful if you can, as continuous text is harder to digest.

Keep grammar as it is please – do not correct

Don't include every um and ah as this looks off-putting

If you can't hear a word or phrase put in brackets [inaudible]

How else can you help promote Dementia Diaries?

You can:

- encourage people with dementia who you know to become Diarists
- follow us on Twitter and/ or Facebook to share reports
- try to integrate Dementia Diaries into other projects you might be involved in

Contacts:

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