



## Would you like to become a Dementia Diarist?

Here's some information for people thinking of giving it a try.

### What is Dementia Diaries?

Dementia Diaries enables you to record your day-to-day reflections and experiences as short recordings.

The audio diaries are then posted on the Dementia Diaries Website.

### Why is Dementia Diaries important?

Diaries help people to understand more about dementia, and the lives of those living with it.

Your voice, your story is important. Everyone has a right to a say.

## How does it work?

You make a recording by leaving it as a telephone message.

There is no charge for the call.

You can also use the voice recorder on your phone if you have one – to record a message and then send it to us.

Once you have made your message it will be held securely – no-one else will hear it but us until it is published.

Most diaries are published just as they are recorded.

We then put your diaries on the website – and use social media like Facebook and Twitter to tell others about them.

Volunteers will then type out your message so that people can read what you have said as well.

## About the recordings you make

- You can make as many or as few Diaries as you like.
- You can stop whenever you like.
- If you want any of your recordings to be removed – we can take them off of the website – but once they go on social media – they pass largely beyond our control.

## What will the diaries be used for?

- They will appear on the website and be publicised through social media like Facebook and Twitter.
- Researchers might use your diaries to learn more about the experiences of people with dementia.
- Your diaries might be used by professionals in training, media, meetings, or conferences.

## What can I make diaries about?

Absolutely anything you like.

Here are some of the things people do diaries about:

- Everyday life and experiences
- Your thoughts on current events
- Things you enjoy doing
- How dementia affects you.
- The people in your life
- Your rights
- Memories
- How you manage with dementia. Or not. Or both.
- Good stuff
- Bad stuff.
- Sharing your creativity e.g. if you are a poet, writer, or a singer.
- What you are doing – speaking at a meeting, attending a group or having a quiet day – tell us about your day.
- The animals in your life.
- A thought that just popped into your head.
- Above all – it's about having your voice heard!

## What support do I get?

We'll try and give you whatever help you need to get going.

You may want to discuss the kinds of stories and experiences you'd like to share or talk about a recording you have made.

## OK – I would like to become a Dementia Diarist. What do I do now?

If you'd like to become a diarist – email Steve Milton here:

[steve@myid.org.uk](mailto:steve@myid.org.uk)

Or call on **01392 420076**.