

Session One: Coping with Stigma and Fear

Take a few minutes to reflect on what you just heard. Think about the following questions:

- **How have you addressed stigma and fear in your own life?**
- **What strategies or advice do you have for others about how to cope with misconceptions, stigma and fear?**

On the comment sheet entitled “Coping with Stigma and Fear”, write down your strategies or advice you would like to share with others.

We invite you to share your strategies and advice with the larger group.

At the end of the session, please leave the comment cards on your table so we can collect them and share the strategies with others after the forum.

Session Two: Adapting to Change

1. Working at your table, choose a facilitator and a reporter (note taker) for your group.
2. As the facilitator, have your group discuss the following:

Drawing on Mary's talk and your own experience, name the ways that you adapt to change in your life so as to LIVE with dementia.

Identify specific strategies you could use to support persons with dementia and family members in adapting to the changes they experience.

3. As the reporter, use the "Adapting to Change" comment sheet provided to list all the ideas that come from your conversation.
4. Share one strategy with the larger group.
5. Leave your list of strategies on your table so that we can collect them and share the strategies with others after the forum.

Session Three: Enabling Persons with Dementia

Using the questions provided below, take a few minutes to write down your reflections on Cathie's Story.

Reflection Questions	Your Reflections
How do you feel after hearing Cathie's story?	
What key message(s) have you taken away from the story?	
What will you do differently now?	
What questions do you have for Cathie and Patricia that might help you with your own experience?	

We invite you to share your impressions and questions with Cathie, Patricia and the larger group.

Session Four: Creating Strong Partnerships

Reflecting on Agnes' talk, think about what you could do to mobilize, nurture, or contribute to a partnership in your community.

Take one minute to write an action item for yourself by completing the statement below:

My action item:

I will contribute to a dementia partnership in my community by...

We will hear a few of your action items in the large group.

Consider writing this affirmation down and displaying it in a place where you can see it every day when you return home.