

# Dementia Podcasts: A Blog

## LESSON TWO

My wife; “Well, that’s it then, I’ve tested POSITIVE...!”

Me, “Oh Dear, I’m concerned to hear this news, but why ‘That’s it then?’”

My wife: “You will have to cancel your Blog Post training?”

Me, “Not if I have anything to do with it, it won’t be cancelled, just done differently?”

So, another challenge and another answer to find, just like any other normal day for people living with Dementia?

First, people were described as ‘Suffering from’ Dementia. The description changed to ‘Living with’ Dementia. Let’s hope that one day soon it will change to ‘Journeying with’ Dementia... or something similar.

Yes, it’s a disease or flaw a lot of us have that gives us an imagined smaller window of life. It is particularly nasty when younger people acquire it, but it is, after all, just another factor we must accommodate if we are human.

It is part of our make-up and as we progress through life these things jump out of the bushes and attach themselves to us for the rest of our days. It’s not helpful to just simply give up and die slowly in a dark corner. No!

We must use every single minute of what capacity we have, to enjoy this life and make it as happy and less worrying for all around us too, by adapting to these changes and owning tomorrow as a wonderful thing. It’s our duty to humankind and our thanks for being born in the first place.

Anyway, back to today’s Podcast training. We did get around this slight blip by me joining the group via the romantic Teams app gifted to civilisation by Microsoft... Hooray for Mr. Gates!

I actually was placed on a table facing everyone just in time to witness them enjoying their sandwiches and fruit.... I REALLY was looking forward to my Tuna Mayonnaise sarnie, so I continued to silently salivate as the training got underway.

I learned that, in each podcast, there is an intro, a middle, and a re-cap at the end, simple enough I thought, but when it was delved into more detail, I began to see exactly WHY we practice first. It is very hard, in fact almost impossible, to simply come up with a set of structured questions ‘off the cuff.’ These must be thought about seriously and in an organised fashion.

First practice test was to interview someone about their ‘Dream’ holiday...It didn’t go well!

I was paired with Wendy, a happy helper with a childlike glint in her eye who tried to keep things straight and business-like.

However, my questions during our practice seemed to tickle her funny bones so that it became a laugh-a-long and we didn't get to the serious stuff properly.

I started by asking her why she thought she deserved a holiday in the first place, and this is where the laughter began and didn't appear to stop any time soon. Bless her!

I saw a 'mock' interview started but then we all ran out of time. I think I got the gist of the training session today, but I learned a lot more about life, dementia and how it journeys along with us, guiding everyone up different roads every single day.

Stay safe!

