Tittel: I’m not all gone, I can still speak: The experiences of younger people with dementia. An action research study

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Sammendrag:
In this study we explored the experiences of younger people with dementia (age 60–67 years) using an action research methodology across three phases. Phase One involved interviews with participants (n = 8). Phases Two (n = 5) and Three (n = 4) consisted of two action research groups. Thematic analysis highlighted few difficulties commonly associated with younger people with dementia (e.g. loss of employment). Participants highlighted a need for social support from a variety of sources as well as the opportunity to develop a shared social identity and a focus on remaining strengths. The ‘action’ (Phase Three) comprised a leaflet written by participants for other people with dementia. The findings suggest there is a need for people with dementia to receive information from people who have experienced dementia and for that information to foster a sense of hope and resilience. Furthermore, the findings support the use of action research methodologies with people with dementia.

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