

# Myth Busting: People Living with Dementia ARE Able

Living with dementia naturally presents challenges, but the focus on changes overlooks the abilities that remain and new pathways for learning. Emphasizing ability shifts the focus away from the losses towards an opportunity to think about and support those with dementia more creatively.



## Myth #1:

### **People with Dementia Can't Learn**

**Untrue.** Learning is possible despite dementia! In our meaningful engagement classes we see people with dementia learning new ways of expressing themselves through art, movement & musical rhythm.

## Myth #2:

### **People with Dementia Have Nothing to Offer**

**Inaccurate.** People with dementia can still live purposeful lives. In our educational and interactive arts based classes, we see people living with dementia who are thriving. They feel comfortable to share their ideas, opinions and creativity in ways that help them engage not only with us, but also with their family and friends.



## Myth #3:

### **Dementia Signals the End of a Meaningful Life**

**Incorrect.** A person's wisdom does not go away with a diagnosis of dementia. Our professional artists leading the classes develop meaningful relationships with our members. Our artists are not only giving, but they receive from our members. We learn from each other.

