



Dementia Toolkit – Stay connected

A conversation in Panjabi: English translation



Dementia Toolkit
Living your life with hope

This is an English translation of a conversation with a British Pakistani woman living with dementia in Oldham.

Interviewer: I will not ask your name or record any video, only audio.

Person living with dementia: OK.

Interviewer: Do you find it helpful meeting and talking to other people with dementia? Why?

Person living with dementia: So far, I have not met anyone with dementia, but if someone has dementia then I can tell. I don't talk to anyone outside my family: it's just you I talk to. My neighbours call me, my son and daughter in law say, "talk to us" so I say "ok, talk to me", but I just feel isolated and don't feel like talking.

Interviewer: Is there anything you'd like people to understand about what it is like to live with dementia that you think they don't know?

Person living with dementia: I don't have any complaints for other people; it's just I have my own problems.

Interviewer: Which things help you live a good life with dementia?

Person living with dementia: I really want to go out, I was very social person but now I'm sitting in the house with so much pain. No more wisdom left, I can't remember things, nothing. My daughter gives me food and fruit.

Interviewer: Do you like it if someone comes to see you? How do you feel?

Person living with dementia: No, I don't like it. I just want to stay alone. Many times, my son and daughter-in-law say that, but no I don't like it.

Interviewer: Ok, tell me if there were lunch clubs or other activities in your area, would you like to go?

Person living with dementia: No, I just don't feel like going anywhere. I am worried I am not ok.

Interviewer: What are the worries?

Person living with dementia: I have worries here and some back home. Many times, my daughter-in-law asked me to go out but I say no. My main problem is the severe pain in both my legs (knee) since last

year. GP is not doing anything no appointments. They do scan and long waiting and cancellation of appointments. I am in severe pain since last year and they don't do anything.

If they can sort this out then I will go out, meet people and enjoy my life.

All I have is my loving daughter who is so nice. She looks after me and does everything for me. I wish her long life. She is great daughter.

