



Dementia Toolkit – Stay connected

A conversation in Urdu: English translation



Dementia Toolkit
Living your life with hope

This is a conversation between a British Pakistani man living with dementia in Oldham. He served British Army during World War II.

Interviewer: Do you remember your times in Army?

Person living with dementia: Yes.

Interviewer: How does staying connected to your culture help you to live with your dementia?

Person living with dementia: Yes, it is important and it helps.

Carer: It helps the person to have less stress and anxiety.

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

Person living with dementia: Yes, it is good.

Carer: It will really help but in our culture, we still have stigma and people do not understand that how important it is. Many of our people say that there is no cure for dementia so what is the point to do anything because memory will not come back. But they don't think about the person.

Interviewer: Which things help you live a good life with dementia? Music, activities, seeing family?

Person living with dementia: I don't know. Both of my legs are stiff and in pain, I cannot walk.

Carer: When he was young and in the Army, his favourite game was football. He was very much into football. I always put football on TV for him and he enjoys.

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: Yes. But people in the old times were good, but they are not anymore.

Interviewer: When you were in Army you liked football. Do you still like to play or watch?

Person living with dementia: Yes. Also, when someone comes it makes me feel good. Like you came today to see me, so I feel good.

Interviewer: Do you like to go out?

Person living with dementia: That time has gone.

Interviewer: Do you want to say anything else?

Person living with dementia: Can you see these pictures? One is my wife one is my sister, and I am there as well. I want people to come here and talk to me.

Interviewer: Thank you so much.



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