



Dementia Toolkit – Stay positive

Feeling positive about ageing



Dementia Toolkit
Living your life with hope



Stay positive

Feeling positive about ageing

Although dementia is not a natural part of ageing, ageing is something we all share. How you feel about ageing can affect your wellbeing. In this booklet we direct you to:

- an animation about research into attitudes towards ageing
- a video in which a researcher and a former carer have a conversation about ageing positively
- a blog from the Centre for Ageing Better



It's great to see a crisis bringing people together – the clapping and all that. The best for me was that it reminded me of after the war how neighbourly the neighbours were – we all helped people out and supported each other – it's resurrected that.

A person with dementia telling our researchers how they coped with COVID-19 lockdowns



What does how we think about ageing matter?

On our website you can watch an animation in which Dr Serena Sabatini explains what her research tells us about attitudes towards ageing and their effect on living with dementia.

Here are some of the key points:

- Some of the changes which come with age, such as feeling less useful or having less energy than before, do pose challenges
- However, there are also many things to be positive about, such as having increased free time to spend doing hobbies, or with family and friends
- In our research, people with dementia who felt more positive about ageing also felt more positive about their life in general and reported better quality of life
- There is no age limit to contributing to society – everyone can be a valuable citizen

Chatting about positive ageing

On our webpage you can also watch a video of Dr Serena Sabatini and experienced carer Julia chatting about ageing and how to be positive. The following extracts are taken from this video:





Dr Serena Sabatini, a researcher working on the IDEAL study, says

"It's important to recognise limitations but also to keep being engaged and not be frightened by those limitations."



Julia, a former family carer, says

"Another thing I've joined up with is a society for women . . . The Red Hat Society."

"The motto or the purpose of the Red Hat Society is to have fun and friendship."



In the video Julia talks about the Red Hat Society. If you would like to see if there is a 'Chapter' near you then visit the British Red Hatters website: <https://britishredhatters2.weebly.com/find-a-chapter.html>



Although I'm 92, I'm still capable of getting involved in debates with a multitude of American professors.

A person with dementia talking to our researchers



Representing ageing

Serena and Julia both mentioned how ageing is portrayed in the media. The Centre for Ageing Better created age-positive icons to overcome stereotypical images of older people. You can see some of these below:



To see the full range of age-positive icons visit:

<https://bit.ly/AgePositiveIcons>

There is also a blog about representing older people in advertising on the Centre for Ageing Better website. To read it go to:

https://www.bit.ly/ageing-better_advertising

This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
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If you prefer to write to us, then please address your letter to:

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