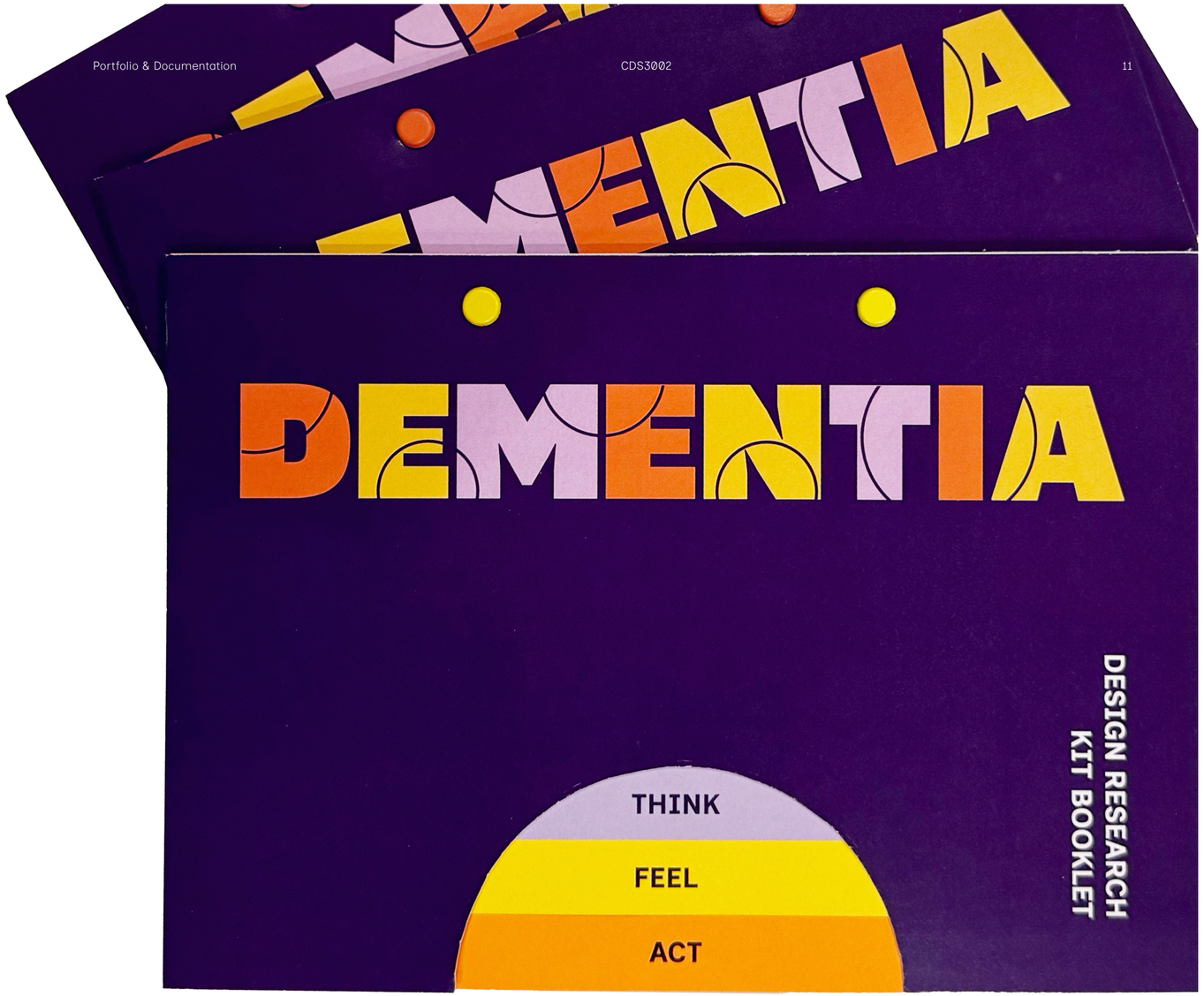
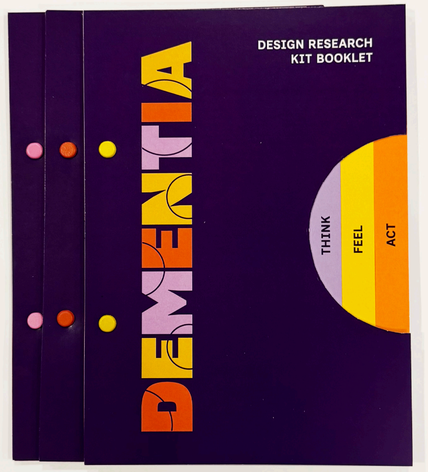

DEMENTIA
DEMENTIA
DEMENTIA

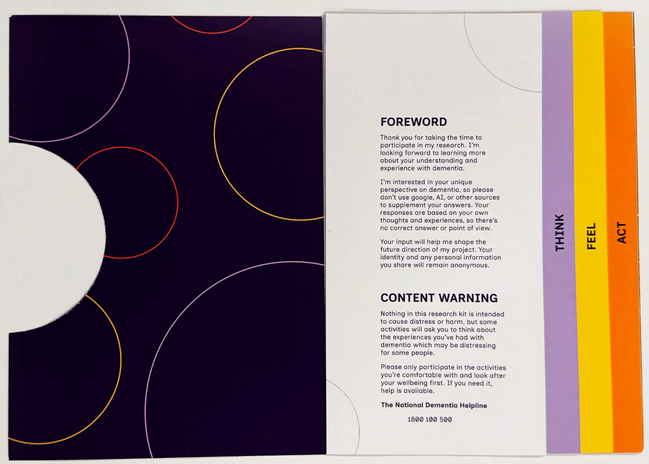

DEMENTIA
DEMENTIA
DESIGN RESEARCH
KIT BOOKLET
THINK
FEEL
ACT

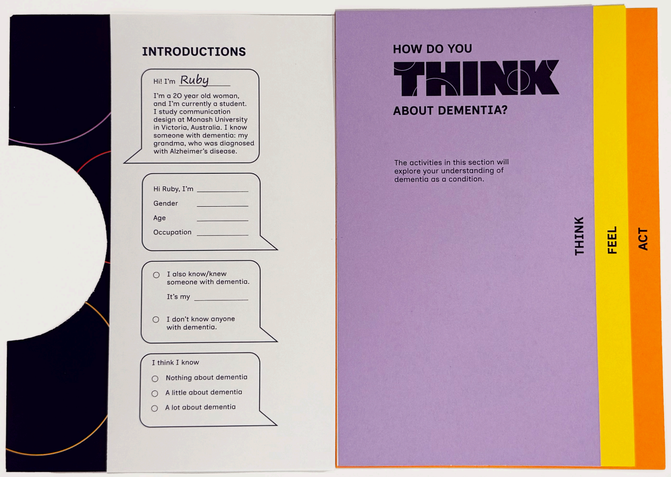
This design research kit explores people's attitudes towards dementia.

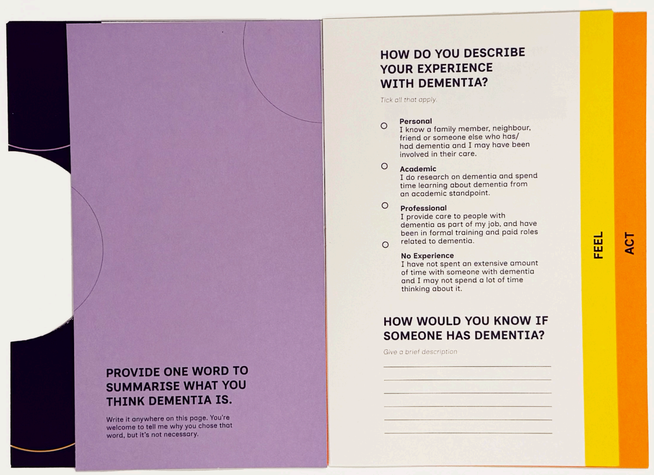
It uses the think feel act framework to structure the participants' experience by scaffolding their modes of thinking while they move through the exercise.

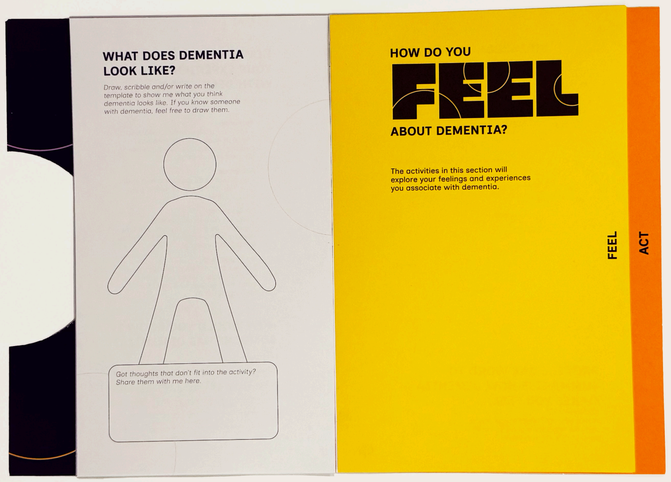



DEMENTIA
DESIGN RESEARCH
KIT BOOKLET
THINK
FEEL
ACT

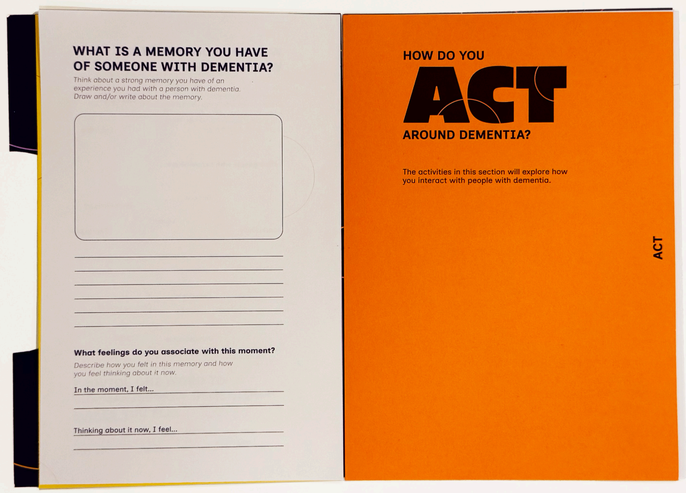

FOREWORD
Thank you for taking the time to participate in my research. I'm looking forward to learning more about your understanding and experience with dementia.
I'm interested in your unique perspective on dementia, so please don't use google, AI, or other sources to supplement your answers. Your responses are based on your own thoughts and experiences, so there's no correct answer or point of view.
Your input will help me shape the future direction of my project. Your identity and any personal information you share will remain anonymous.
CONTENT WARNING
Nothing in this research kit is intended to cause distress or harm, but some activities will ask you to think about the experiences you've had with dementia which may be distressing for some people.
Please only participate in the activities you're comfortable with and look after your wellbeing first. If you need it, help is available.
The National Dementia Helpline
1800 100 500
THINK
FEEL
ACT

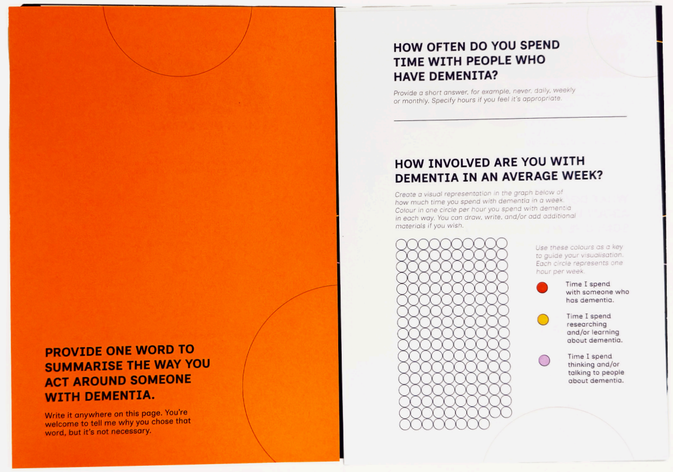

INTRODUCTIONS
Hi! I'm Ruby
I'm a 20 year old woman, and I'm currently a student. I study communication design at Monash University in Victoria, Australia. I know someone with dementia: my grandma, who was diagnosed with Alzheimer's disease.
Hi Ruby, I'm
Gender
Age
Occupation
I also know/knew someone with dementia.
It's my
I don't know anyone with dementia.
I think I know
Nothing about dementia
A little about dementia
A lot about dementia
HOW DO YOU
THINK
ABOUT DEMENTIA?
The activities in this section will explore your understanding of dementia as a condition.
THINK
FEEL
ACT

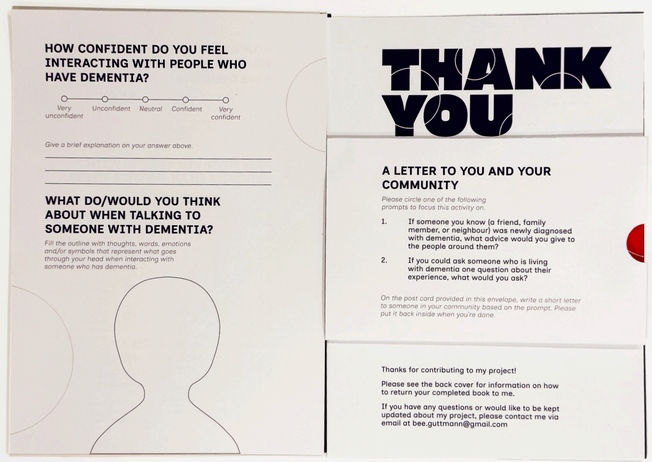

PROVIDE ONE WORD TO SUMMARISE WHAT YOU THINK DEMENTIA IS.
Write it anywhere on this page. You're welcome to tell me why you chose that word, but it's not necessary.
HOW DO YOU DESCRIBE YOUR EXPERIENCE WITH DEMENTIA?
Tick all that apply.
Personal
I know a family member, neighbour, friend or someone else who has/had dementia and I may have been involved in their care.
Academic
I do research on dementia and spend time learning about dementia from an academic standpoint.
Professional
I provide care to people with dementia as part of my job, and have been in formal training and paid roles related to dementia.
No Experience
I have not spent an extensive amount of time with someone with dementia and I may not spend a lot of time thinking about it.
HOW WOULD YOU KNOW IF SOMEONE HAS DEMENTIA?
Give a brief description
FEEL
ACT


WHAT DOES DEMENTIA LOOK LIKE?
Draw, scribble and/or write on the template to show me what you think dementia looks like. If you know someone with dementia, feel free to draw them.
Got thoughts that don't fit into the activity? Share them with me here.
HOW DO YOU
FEEL
ABOUT DEMENTIA?
The activities in this section will explore your feelings and experiences you associate with dementia.
FEEL
ACT


PROVIDE ONE WORD TO SUMMARISE HOW DEMENTIA MAKES YOU FEEL.
Write it anywhere on this page. You're welcome to tell me why you chose that word, but it's not necessary.
WHAT DO YOU ASSOCIATE WITH DEMENTIA?
Circle the words on this page that relate to a person with dementia. Cross out the words you don't think relate to a person with dementia. If you think of additional words, write them down on the page.
Example
Add-on
I think people with dementia are...
Difficult
Unpredictable
Vacant
Appreciative
Confused
Joyful
Expressive
Helpless
Scary
Old
Delusional
Communicative
Lonely
Unreasonable
Scared
Beautiful
Funny
Forgetful
Apathetic
Loving
Uncomfortable
Sad
Imaginative
ACT

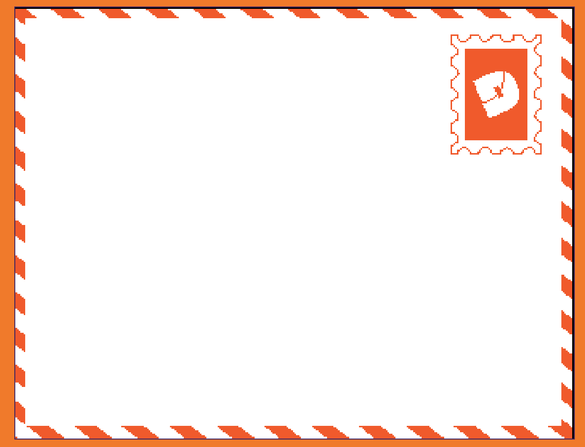

WHAT IS A MEMORY YOU HAVE OF SOMEONE WITH DEMENTIA?
Think about a strong memory you have of an experience you had with a person with dementia. Draw and/or write about the memory.
What feelings do you associate with this moment?
Describe how you felt in this memory and how you feel thinking about it now.
In the moment, I felt...
Thinking about it now, I feel...
HOW DO YOU
ACT
AROUND DEMENTIA?
The activities in this section will explore how you interact with people with dementia.
ACT

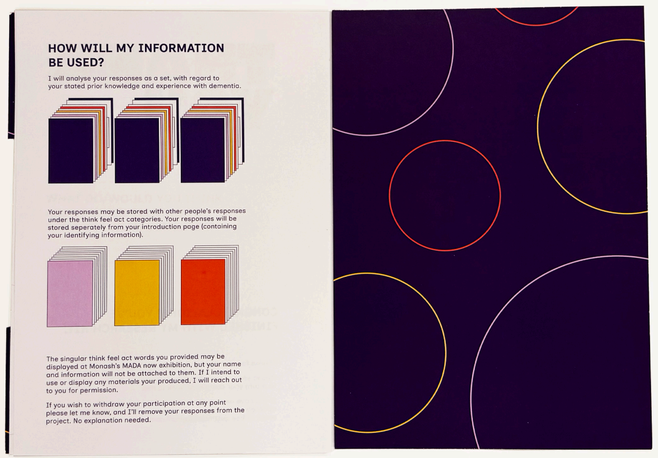

PROVIDE ONE WORD TO SUMMARISE THE WAY YOU ACT AROUND SOMEONE WITH DEMENTIA.
Write it anywhere on this page. You're welcome to tell me why you chose that word, but it's not necessary.
HOW OFTEN DO YOU SPEND TIME WITH PEOPLE WHO HAVE DEMENITA?
Provide a short answer, for example, never, daily, weekly or monthly. Specify hours if you feel it's appropriate.
HOW INVOLVED ARE YOU WITH DEMENTIA IN AN AVERAGE WEEK?
Create a visual representation in the graph below of how much time you spend with dementia in a week. Colour in one circle per hour you spend with dementia in each way. You can draw, write, and/or add additional materials if you wish.
Use these colours as a key to guide your visualisation. Each circle represents one hour per week.
Time I spend with someone who has dementia.
Time I spend researching and/or learning about dementia.
Time I spend thinking and/or talking to people about dementia.

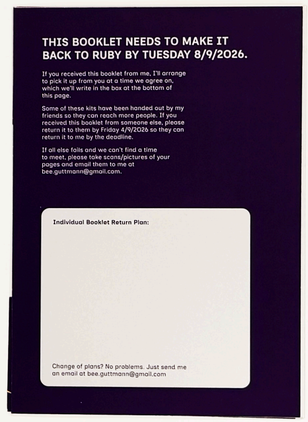




The post card activity gives participants an opportunity to share what they wish they knew about dementia, or advice they wish they could give about dementia.









The booklets can be easily unbound and rebound to create new booklets that contain different people's responses to the same questions.