

## SHOW NOTES - JUDY CORNISH

- 3:30 Everything in life is stressful
- 4:16 Expectation and stress
- 4:45 Strength based care - what skills are they losing and keeping
- 9:33 Prioritization
- 12:42 Kinds of memories
- 16:30 Dementia care training info from TedX talk
- 19:47 Lean into the pain and accept
- 23:00 Only place to find solace and beauty is in the moment
- 24:04 If you want respite in the moment - see/smell/taste/touch/hear
- 24:35 Find beauty together as respite
- 26:45 Tell one of their memories to them for connection
- 31:45 They can't reach their memories
- 35:15 Judy's stages of dementia (Independent/uncertain/follow the leader/clingy/overnight)
- 39:40 Where did older mean care facility?
- 42:35 How distance impacts familial relationship
- 44:25 Can't afford care homes
- 46:15 Cost is breaking two generations of that family
- 48:58 Have to understand the strengths of dementia what people can and cannot do
- 50:10 Intuitive and rational thinking skills Daniel Katamon Thinking Fast and Slow
- 50:48 Psychological presence is 3 seconds
- 51:36 Experiential self
- 53:15 In the present is where quality of life is
- 56:02 Dementia is a sponge
- 57:34 Life isn't meant to be pure joy
- 58:42 Just go with the flow, find beauty
- 1:00:14 Receiving raw data in dementia
- 1:01:30 Am I safe?
- 1:04:04 Drs still being taught forgetfulness equals aging
- 1:04:58 Intuitive thinking is the master, rational is the tool
- 1:05:59 The DAWN Method - Dementia Handbook - Dementia with Dignity
- 1:07:39 Online subscription of DAWN - DAWN Home Care Subscription

## BOOKS MENTIONED

Judy Cornish - Dementia with Dignity  
The Dementia Handbook

Daniel Kahneman - Thinking, Fast and Slow  
Eckhart Tolle - The Power of Now  
Ellen Langer - Mindfulness

Judy's TED Talk - [https://www.ted.com/talks/  
judy\\_cornish\\_the\\_dawn\\_of\\_dementia\\_care](https://www.ted.com/talks/judy_cornish_the_dawn_of_dementia_care)