



Perspectives 2.0

A newsletter for people with dementia, about LIVING with dementia



If you are living with dementia, or Mild Cognitive Impairment, this is a FREE newsletter for you.

Perspectives 2.0 offers perspectives on navigating dementia based on these values that have been identified by people living with dementia:

- People are more than their dementia – they are full human beings with needs, wants, interests, and assets.
- People with dementia cannot be viewed through the lens of abnormalcy or deficits.
- Each individual living with dementia has their own story and experiences dementia uniquely.
- People with dementia are capable of many things.
- People with dementia are active and valuable participants in their own lives and society.
- Dementia can be life-changing in both negative and positive ways.
- “Treatment” for people living with dementia includes, and might even be driven by, community, belonging, purpose, meaning, connection, and inclusion. These human needs are the basis for living well.

Go to <https://perspectivesnewsletter.com>
or use this QR Code:



Perspectives 2.0 is co-facilitated by gerontologist Sonya Barsness and Tiffany Zhang. It is brought to you by Sonya Barsness Consulting, creator of PersonHood, which offers education and support to LIVE with dementia.