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## Foreword

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Since the introduction of the National Dementia Strategy for England in 2009, there seems to have been an increased acknowledgement of the difficulties people living with dementia can experience. However, the focus still seems to be on the disease and the negative image of dementia depicted by many. This book tries to rebalance the reality of living well with dementia.

I often reflect on my visits to see my Step-Grandad, Horace. His eyes would light up when he saw me and a big smile would fill his face. This was how he would always react to seeing me, the only difference now was due to his Alzheimer's he couldn't quite remember my name or who I was.

Despite his failing short-term memory there was still a connection between us, an unspoken understanding that being together brought us both happiness.

I'm sure we can all relate to this type of emotional connection. Have you ever met someone for the first time and although you don't yet know them, have made an instant decision on how they make you feel?

David explains in this book, through his own experience of working with people with dementia and the experiences of people he has met, that it is crucial we focus on the person with dementia

as a person who has and still is travelling the journey of life who has the ability to feel emotions and connect with the world around them and ultimately to continue to live a fulfilling life.

Our being is not just based on our brain's capacity to remember and store information but on our ability to feel emotion, hence the title of this book, "More than memories".

**Kirsty Jones**

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