



Getting Along - Information for participants

So, what is Getting Along?

The Getting Along programme addresses the subject of relationships between couples where one partner has been diagnosed with a dementia.

One of the earliest difficulties that many people report is the amount of silly arguments (or even blazing rows) that tend to happen. We know these can be really draining and that the recent pandemic has put a lot of relationships under even greater strain.

Often a lot of the difficulties are actually nobody's fault, but when you have perhaps lived with each other for decades it must be hard to get used to. This programme looks to address some of these difficulties that may arise.

How does Getting Along work?

Getting Along is a series of about 4 or 5 conversations that we support between a person with dementia and generally their closest relative.

We will arrange dates to interview you TOGETHER and, over the conversations, we look to cover the following 4 main themes.

- **Getting along** – a look at how you have always got along and what may have changed.
- **Past, present and future** – what brought you together and keeps you together?
- **Who am I?** - a look at what makes you both feel that you matter, and at having your say and having control within the relationship.
- **Understanding each other's perspective** – a look at how you perceive each other and interpret each other's actions.



So, why do Getting Along?

When one lady with dementia was invited to participate in a Getting Along programme, she said,

'I'll join in so long as my husband doesn't monopolise it all'.

Getting Along is precisely aimed at ensuring that BOTH people in the conversation get an equal say, as that does not always happen!

Is Getting Along only for couples?

No, not at all. In fact, it can be beneficial for any caregiving relationship.

'You should have done this with me and my daughter ..., because I don't think she understands my dementia'. Participant

What happens after the conversations?

Normally we would write up a summary of the sessions for you and, with your permission, share it with your GP and the person who made the original referral.

Usually at the end of the conversations you would have an idea of how you want to follow up the sessions in your daily lives. If you wish, you can also have the opportunity to get together with other couples who have been through the Getting Along programme too.

For more information contact

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