**Keith Day (Cam) 2023 Summary**

Delivering a message of hope to people who have been diagnosed with a dementia is paramount to Cam, and in 2023, he attended and spoke at Living Well With Dementia (LWWD) courses in Sittingbourne and the Isle of Sheppey. LWWD is a four-session course delivered by the Kent and Medway Partnership Trust to support people with a recent dementia diagnosis, their families, and their supporters. Cam’s involvement in the course helps provide people with vital guidance and information and this is often well received coming from Cam as he is also going through his own dementia journey. At the course, Cam signposts other services that help to reduce isolation for those living on their own, and highlights local support groups for those wishing to be more actively engaged. This vital work by Cam helps people to live as well as possible with dementia on a daily basis.

In 2023, as a dementia envoy, Cam has been delivering talks to fourth year trainee doctors and third year trainee psychologists, to further their understanding and awareness of dementia. Through these talks Cam has advised the future health professionals on what they can do to help people with dementia better access health care. This included listening to the patient, looking at the person not the disease, not allocating short appointments by flagging on patient notes that additional appointment time is required. By doing this, Cam has continued throughout 2023 to educate new health professionals from the point of view of a person living with dementia. As well as educating new health professionals, Cam has also been a part of recruiting them too. By being on interview panels for KMPT, Cam has been assessing the compassion, experience, and skills of candidates, ensuring that those who are recruited to work with people with dementia have a good awareness of the disease.

Cam has been actively involved in new research for 2023 by working with the Surrey University on a project that used creativity of stories people had generated from pictures as a form of virtual cognitive stimulation. It is hoped that the findings of this research will inform how technology can be used to increase communication of different perceptions between people with dementia, their families, and their supporters. The project which continues into 2024, has benefited from advice from Cam on how to make the online activities used in the research, appropriate for people with a dementia to engage with.