



Port Macquarie

DEMENTIA FRIENDLY COMMUNITY

Dementia Creative Writing Project 2025/26

“Unforgettable Voices” 2nd Edition

Tips for Getting Started

This project is about the story that you want to write, whether you are a person living with dementia, a carer, a support worker, a friend, neighbour or relative, it is about the story you wish to tell.

Set out below are some **general suggestions** that may help you get started, but keep in mind it is your writing, your story and your creative approach that is most important, you are not asked to conform to a preset formula in this project.

This is your story, as the author you can use all or none of these suggestions. Feel free to mix and match them in any way you see fit.



Suggestions

1. Life before dementia – a brief description
2. What has the dementia experience been for the person
3. What was the process and emotional impact of the diagnosis (think positive and negative)
4. Share moments of joy and connection emphasising the importance of relationships, positive experiences in the community.
5. What challenges were faced managing symptoms, dealing with emotional changes and maintaining routine
6. Reflect on feelings of grief, frustration, love and resilience
7. Discuss strategies used to cope, highlight support systems
8. Discuss practical adaptations to the home and daily life (any tips would be useful)
9. Indicate moments of hope and strength/ challenges and overcoming them or were there regrets?
10. Reflect on the journey as a whole

Assistance from experienced writers is available should you have any difficulties in writing your story. Good luck and we look forward to hearing from you.

If you have any queries, please contact; dementiafriendlyportmacquarie@gmail.com or phone 0433 134 827.



Help make Port Macquarie a more dementia friendly community

☎ 1800 100 500

🌐 dementiafriendlypmq.com.au

✉ DementiaFriendlyPortMacquarie@gmail.com

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