



---

# Caring for a relative with Dementia

Sudhir Shah

Applied Research Collaborative (ARC) North Thames

Research Advisory Panel member

22 May 2025

---



---

Caring for a loved one with **dementia**  
is a challenging journey.

---



---



Her dementia is **unpredictable**.

She often forgets who I am.

---



---

Yet, she remembers her  
mobility scooter routes.

---



---



She loves shopping but  
sometimes forgets  
meals and medicines.

---





We sing **Hindi songs**, watch old movies and cook her favourite dishes to jog her memory.



---



Caring duties are shared among family.  
But we have different approaches,  
leading to **chaos**.

---





---

Some prefer openness about her condition.  
Others see it as taboo.

---



More **family support** will be possible if all of us who care for her agree to be **open/transparent** with other relatives.

A close-up of a person's hand, wearing a light blue sleeve, pointing their index finger towards the word 'transparency' which is displayed on a light blue, semi-transparent rectangular overlay. The word 'transparency' is written in a bold, black, sans-serif font. The background is a solid dark blue-grey color.

transparency

---



---

In the future a **care  
home** might be  
necessary.

---







---

We hope for more **family support**.  
We may seek advice from **Dementia UK**.

---





---

# Caring for a relative with Dementia

Sudhir Shah

National Festival for Applied Dementia Research #DEMFEEST

Seeing Dementia Differently: A Journey Through Research & Lived Experience

---