



# Bobby Redman

Retired psychologist, who is living with frontotemporal dementia. Since her diagnosis in 2015, Bobby was determined to give it purpose, instead of sitting back and accepting it. Using her experience to help others, she is a passionate Dementia Advocate, helping to improve the lives of people living with dementia and their carers.

## Living Independently

Enabling independent living as much as possible is important. Bobby's proactive approach to her diagnosis has been a protective factor, with her advocacy work also playing a key part in her ongoing independence. She is motivated by small changes that encourage her to keep pushing to make a difference. Bobby's drive, in combination with her own strategies, allow her to continue to lead a fulfilling life.

## In a few words...

*"I just want to make sure that everybody has that same opportunity as I've had really, to function for as long as possible"*

## Promote early diagnosis and intervention

- ❖ **Raise awareness** about early diagnosis and the option available
- ❖ **Educate** people in the **community**, dementia is not the end, things can be done, **talk** to people to reach them.
- ❖ Sometimes it is hard for people to recognize the signs
- ❖ Medical professionals need to be proactive in putting measures in place to give people the chance of functioning at their best for longer.
  - Greater awareness of early signs
  - More equipped with resources and interventions available

## Advocacy and Projects

- ❖ **Dementia Advocate**
- ❖ Chair of the **Dementia Australia Advisory Committee (DAAC)**
- ❖ Steering committee **Central Coast Dementia Alliance (CCDA)**
- ❖ **Step Up for Dementia Research** Public Involvement panel member, ensuring the voice of dementia in research is addressed
- ❖ **ALICE: All Inclusive Care for Older People Co-design Project**: Alice is the voice of people living with dementia. "A neighborhood model co-designed with the local community to create an alliance promoting all-inclusive health and social care to older people living with complex health and social care needs"

## Research Matters!

**Co-design** matters! It is knowing the goal but using lived experience to create the plan of how to get there. People with lived experience need to inform the research design from the start, not just provide a rubber stamp when the project is drafted. Projects like **CogTale** are vital. **CogTale** assists in identifying therapies that may help people living with dementia to function better for longer. **CogTale** helps provide people with options.