



Jenny and Anna work at the café.



Jenny enjoys serving customers, especially her boyfriend George.



Jenny gets upset if she can't remember how to get to the toilet.  
Signs at the right height for Jenny can help her find her way to the toilet.





Jenny finds it harder to get dressed. She takes a long time to get ready on a Tuesday morning.



George sometimes gets annoyed when Jenny takes a long time to get into the minibus. She is finding it harder to climb the steps.



**Jenny can be supported to use different kinds of technology or social media to keep in touch with friends.**





Jenny can continue to talk to her friends and family using a laptop with a webcam and microphone.



Jenny likes growing flowers and wants to keep volunteering at the garden centre.





Jenny finds it hard to go up or down steps and stairs.  
Jenny is more confident going up or down steps if George holds her hand to help her.



Jenny doesn't remember how to play games that she used to enjoy.



Sometimes Jenny can't tell us she is in pain. We might know by looking at her.





Jenny likes to wear nail polish and to paint her sister Linda's nails.



Eating and drinking are getting harder. Jenny may cough more when she eats to stop food and drink going down the wrong way.



Crossing the road is getting harder as Jenny is not sure whether this is a step up or down.





Stepping through doorways is getting harder. If the flooring is a different colour Jenny thinks that there is a step.



Jenny enjoys listening to religious music at home.



If Jenny finds it hard to talk about how she is feeling, a communication tool such as Talking Mats™ can help.





Jenny and George are still boyfriend and girlfriend.



George is learning that dementia is an illness of the brain, in the head.



Jenny and Linda are looking at a screening tool. This is to find out what has changed for Jenny since her baseline assessment.



# Jenny's Diary



This resource was supported by Alzheimer's Society dissemination grant number 220.



This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International Licence. This means that anyone can use or download the content and share it, but the authors and the resource must be credited. The words and the photographs cannot be changed by anyone else.

Watchman, K. Tuffrey-Wijne, I. & Quinn, S. (2015) *Jenny's Diary: A resource to support conversations about dementia with people who have a learning disability*. London, Alzheimer's Society.

