



designing for people with dementia
mindful self-empowerment and social engagement

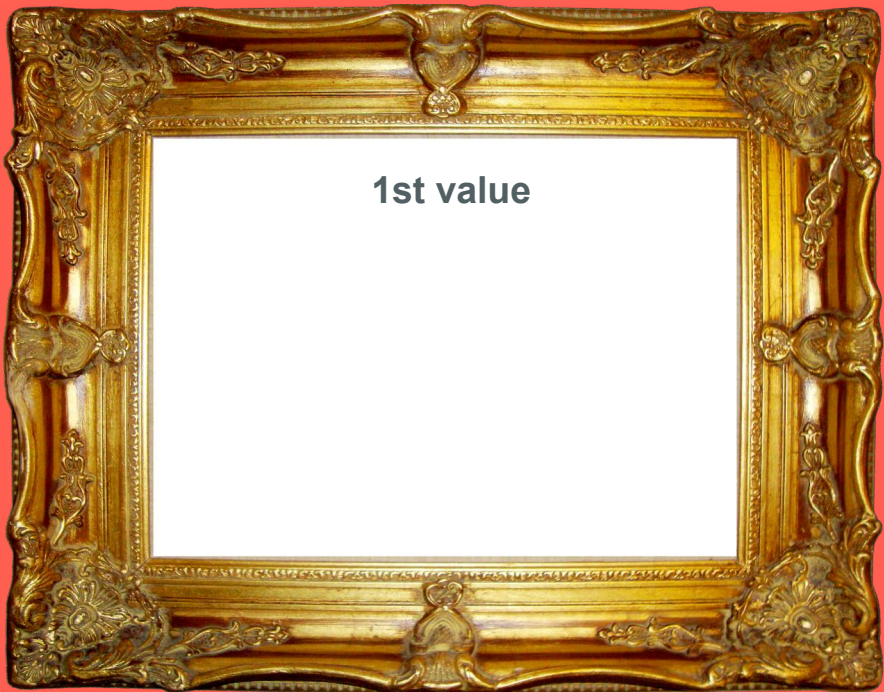
Visual Diaries



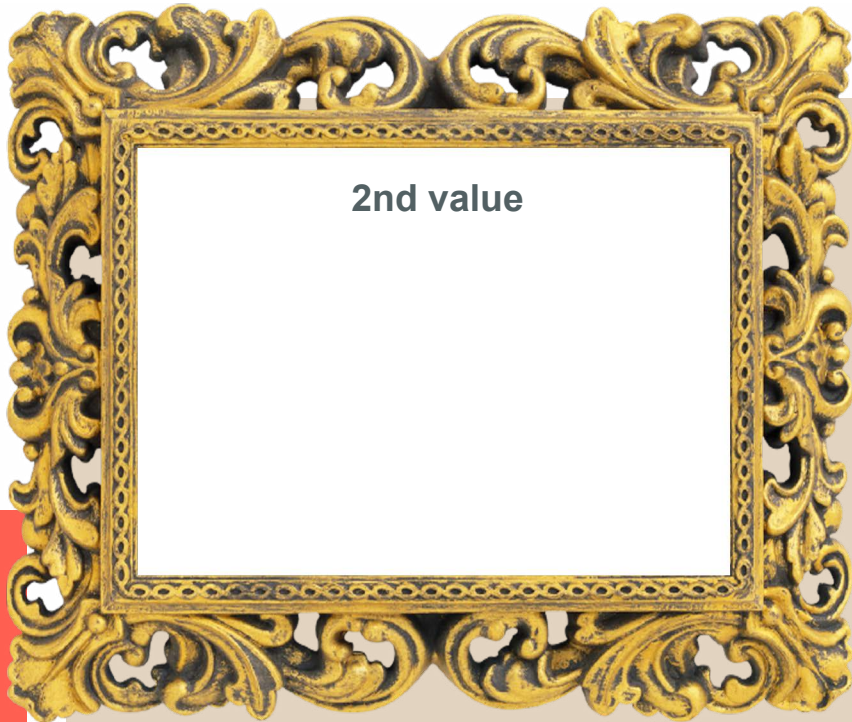
This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 691001. These visual diaries reflect only the authors' view and the Research Executive Agency is not responsible for any use that may be made of the information it contains.

My values.

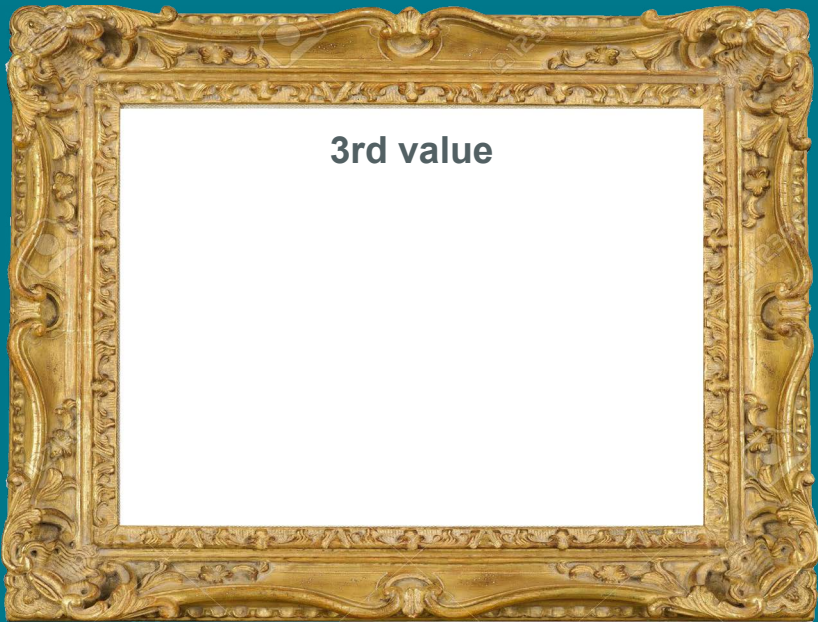
What are the values most important to you?
Please name three. Choose them from the cards provided or add your own. Why did you choose each of these values?



I chose this value because:



I chose this value because:



I chose this value because:

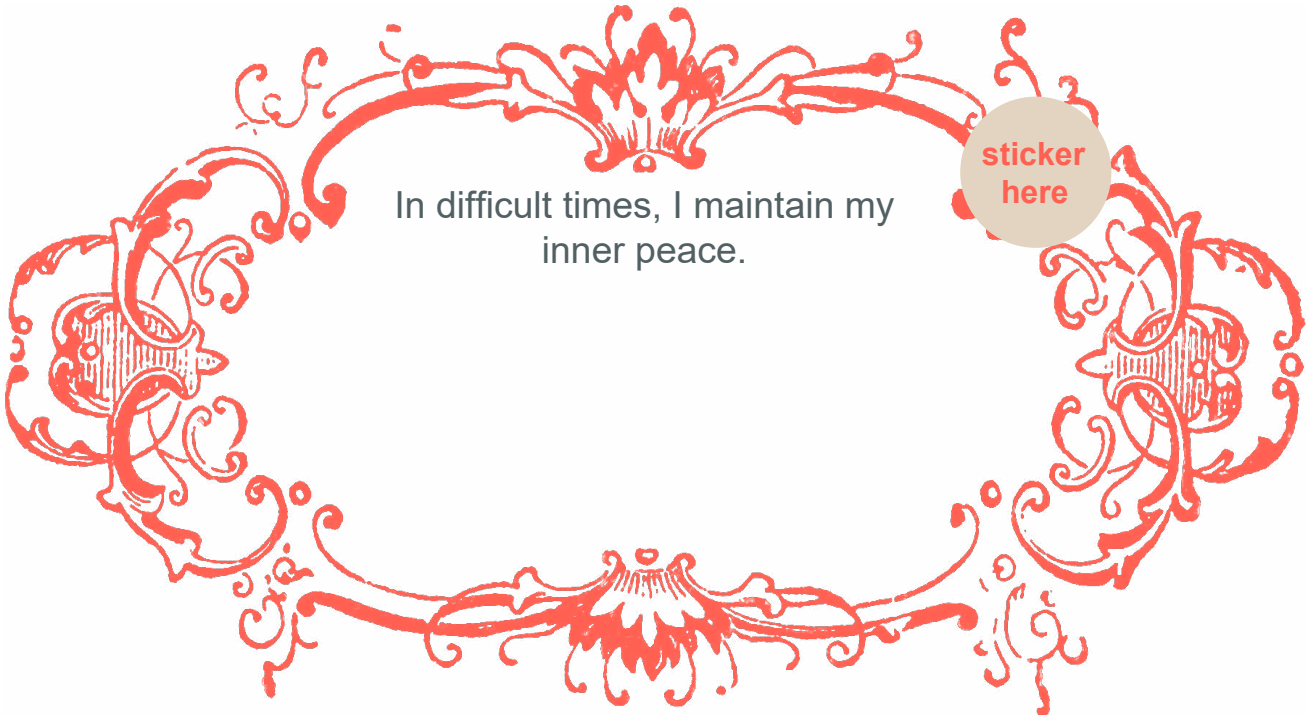
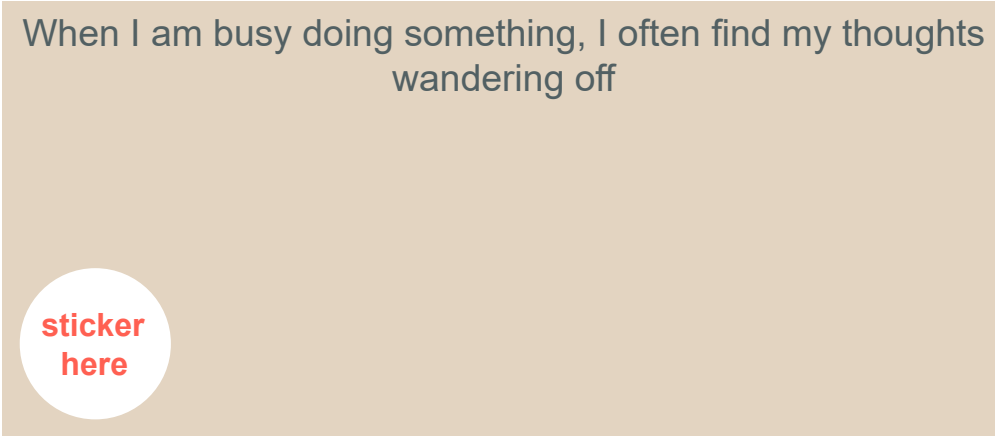
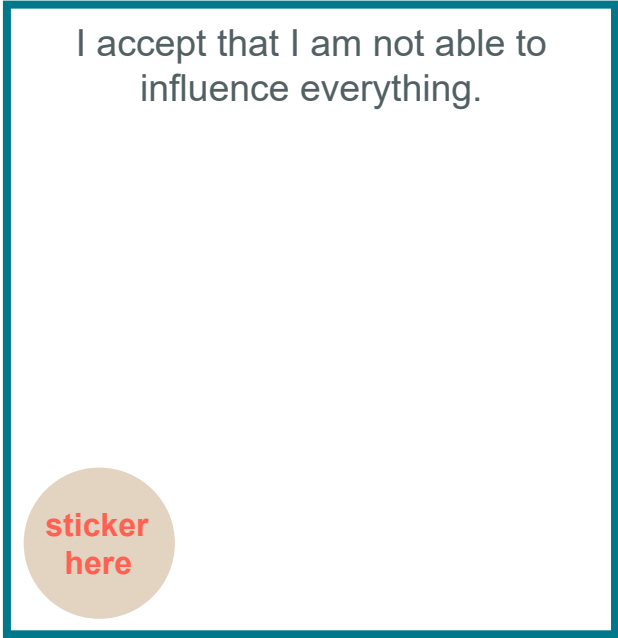
**Please tell us about some
things you would like to be
acknowledged for.**

Please use the stickers to
describe it and place them on
the trophies.



How do you feel about these statements?

For every statement please choose the sticker, that fits your response best. Green means agree, red means disagree. Explain if you want.



What do you feel are the most important things that you've done in your life?

What would you like to do or achieve in the future?



A decorative red flourish or scrollwork design located at the bottom center of the page, featuring symmetrical, swirling lines and a central floral-like motif.



**Please tell us
what motivates
you and gives you
joy in life.**

This image shows a full page of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Please tell us what
helps you feel calm
and confident.**

[illegible]

If you could capture anything
(for instance any moment, sound,
song, smell, view, object, place...)
and preserve it in this jar for you to
relive what would you choose?

Please use the stickers to describe it and place
them on the jars.



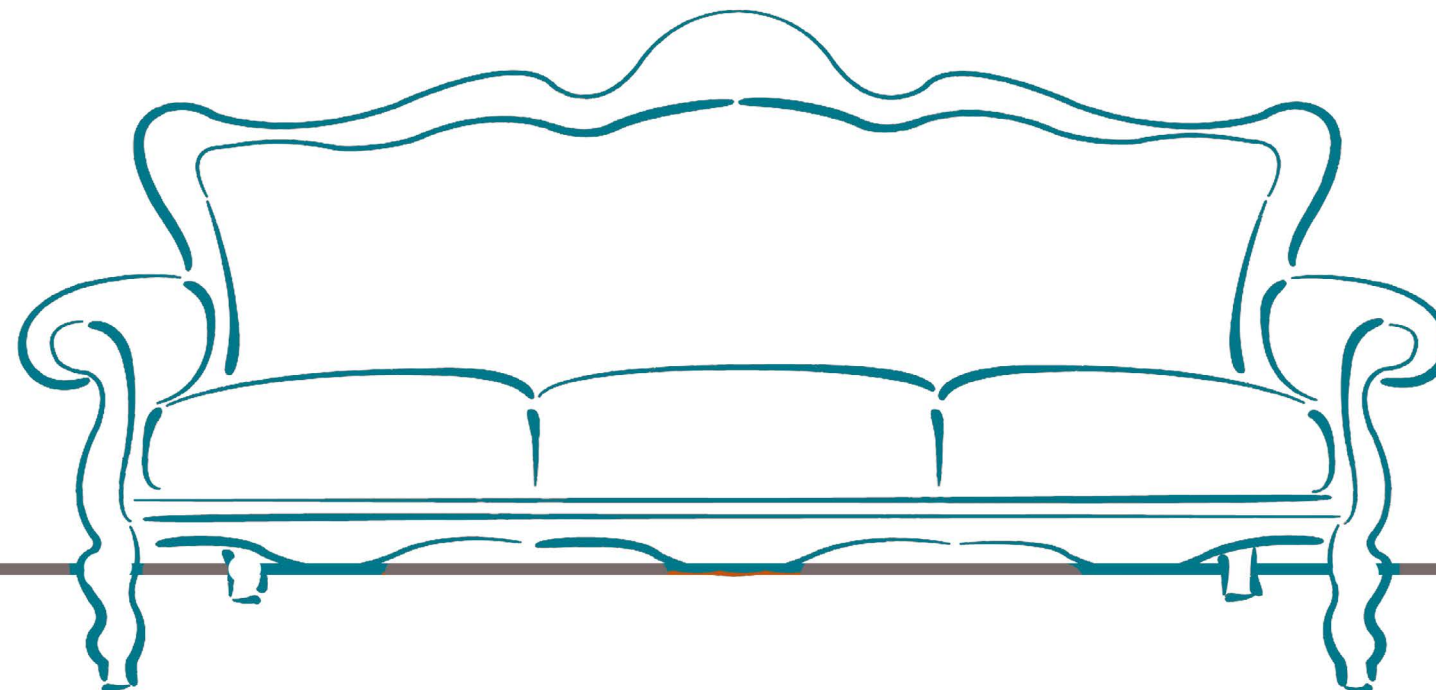
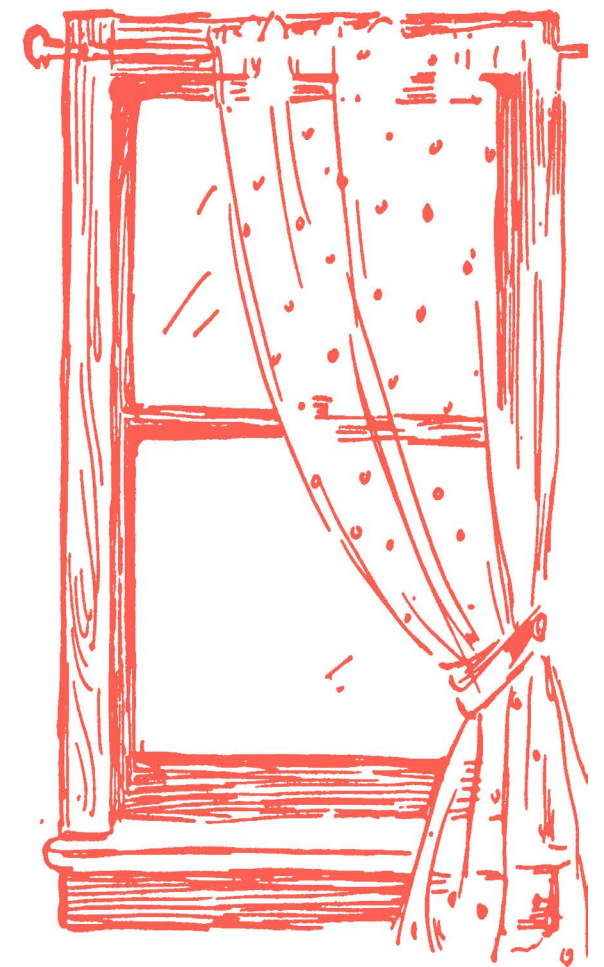
**Please use this
object to tell
about what home
means to you
personally.**

**What makes your
home your home and
what makes your
home beautiful?**

**Feel free to draw
on the object, stick
things onto it or
change it in any way
you see fit.**

Please use these objects to tell about some of the people who make you who you are

(family, friends, even people who you've never met, but who have had a real influence on you). You can "hang" the objects to the wall.



Please take us along on a normal day of your life by taking 6 pictures of your activities.

You can put the pictures in the photo holder.

What did you do?
Why did you take the photographs?
How did the activity or situation make you feel?

Picture descriptions:

1	
2	
3	
4	
5	
6	
7	
8	

**Please take 3 photographs of
your home:**

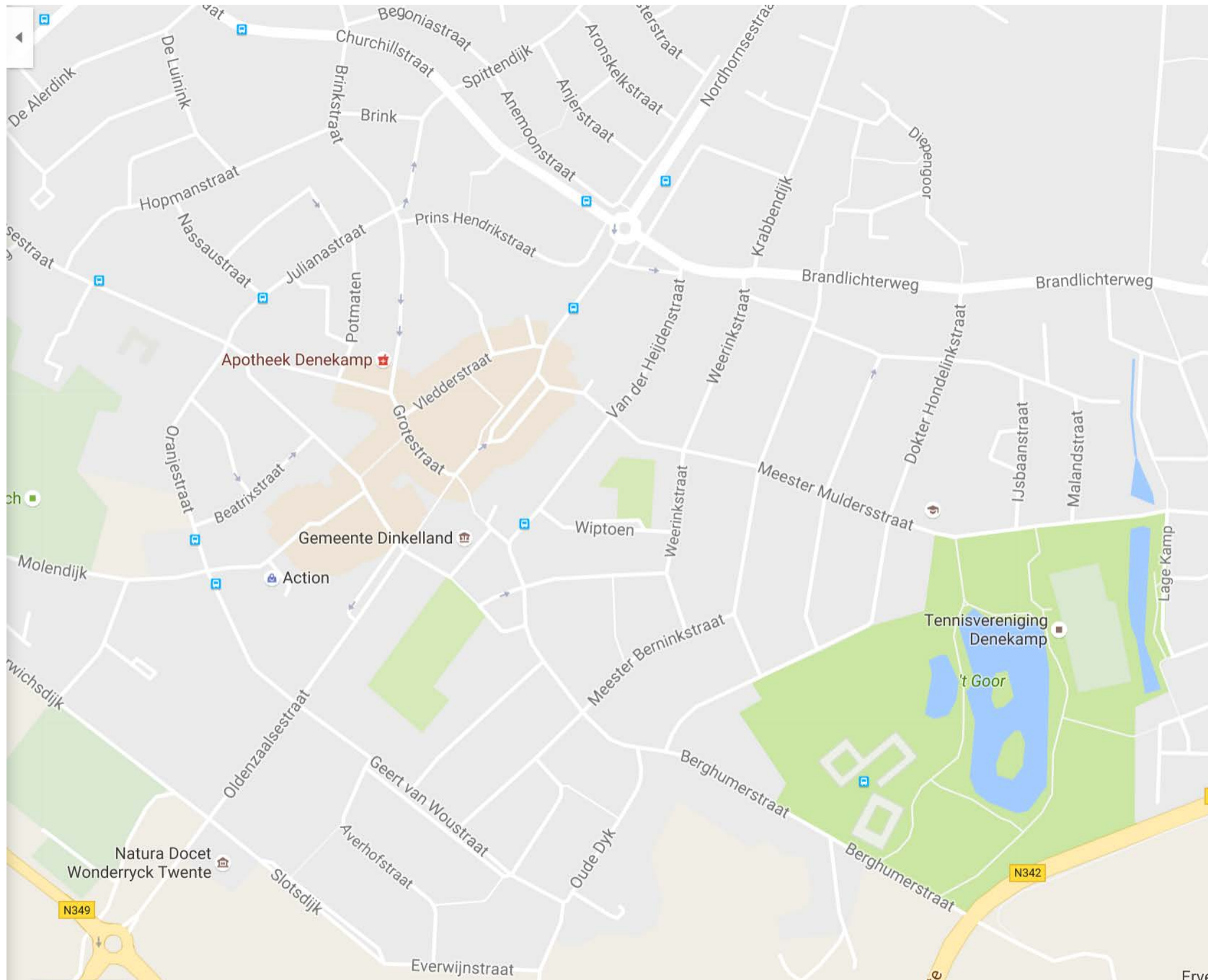
- something you are proud of
- something funny
- something unique to you

In what ways are they helpful?

[illegible]A dark silhouette of a family consisting of a man, a woman, and a small child, standing together and looking out over a vast, open landscape. The man is on the left, the woman is in the middle, and the child is on the right, slightly in front of the woman. They are positioned in the bottom right corner of the page, looking towards the left. The background is a light, textured surface with horizontal lines, suggesting a vast, open landscape or a sky.

My neighbourhood

Which places on this map do you visit frequently and for what? Please use the yellow dots to mark them.
In which places do you feel good and why? Please use the blue dots.
Which places make you uncomfortable and why? Please use the red dots.



Please take 3 photographs of the things you tend to take with you when you go out of the house.

Why do you like to take them?



Activities & daily tasks

Which activities or daily tasks do you not like to give out of hand? Why?

Which ones are you happy for someone else to do for you? Why?

My leisure activities

**Please tell about your favourite leisure activities.
What do you like about them?
Which ones do you prefer to do in company? Mark
the ones you like to do in company with a dot.**

Where do you meet (new) people?

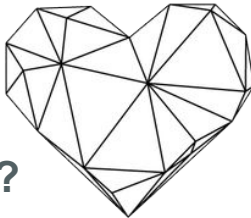
Who do you meet?

Who would you like to see less often? Why?

Who would you like to see more often? Why?

In which situations do you feel emotionally strong?

And in which situations emotionally vulnerable?



In which situations do you feel physically strong?

And in which situations physically weak?





Please take photographs of 4 things that are most helpful for you in your daily life.

In what ways are they helpful?

Stick picture here.

Stick picture here.

Stick picture here.

Stick picture here.

Commitment	Discipline	Intelligence	Perseverance
Cheerfulness	Courage	Honesty	Patience
Assertiveness	Cooperation	Family-orientedness	Loyalty
Adventurousness	Compassion	Empathy	Justice

Self-control

Security

Responsibility

Respect

Tolerance

Traditionalism

Something you are proud of

Something funny

Something unique to you

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The MinD Visual Cards have been developed
as one of the outcomes of the MinD project
data collection phase. We wish to thank all
project researchers and external participants
for their excellent contributions to the MinD
project, helping to make it happen.

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