

Words for a Journey: A Pattern Language for Living Well with Dementia

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This paper presents Words for a Journey, a pattern language for living well with dementia. This pattern language consists of 40 patterns, which are categorized into three different groups: words for those living with dementia, words for caring families, and words for everyone. These patterns can be used in three ways: (1) reading them and putting those into practice, (2) using them as a part of their vocabulary to speak with other people about matters related to the patterns in daily life, and (3) talking with others about experiences based on the patterns. This paper demonstrates some cases of workshops utilizing Words for a Journey for sharing experiences, expressing positive feelings in a day care center, enriching nursing education, and inventing new products and services to help people in the situations described by the patterns. Finally, we discuss ideas for the pattern language's use by various stakeholders.

Pattern Language; Pattern Language 3.0; Dementia;
Dialog; Idea Generation; Design, Quality of Life

1. Introduction

In Japan, the number of elderly people over 65 years old with dementia, including mild cognitive impairment, is estimated to be 8.46 million (the Ministry of Health, Labour and Welfare, 2012). This represents one in four people over the age of 65 or one in 15 people overall in Japan. Dementia is a syndrome of deterioration of the memory, thinking, behavior, and the ability to perform daily life activities. Dementia has physical, psychological, social, and economic impacts on affected people and their families and society. Worldwide, 47.5 million people have dementia (WHO, 2015), and it is an emerging global social issue.

While medical and welfare support for those with dementia is growing, support for daily activities with the condition is still inadequate. In Japan, the Ministry of Health, Labour and Welfare announced “A New Orange Plan: A Comprehensive Strategy for the Promotion of Dementia Measures,” and while it promotes early diagnosis, it asserted that support after diagnosis is not yet sufficient. Furthermore, the stigma surrounding dementia is present not only in society but is also deep-rooted in persons with dementia and their families. Consequently, promoting “early diagnosis” leads to “early despair.”

On the other hand, some people live well with dementia. They do not give up everything in their lives just because they have dementia. In 2014, the Japan Dementia Working Group was established and met for the first time in Japan, working toward the elimination of the “early diagnosis = early despair” notion. Masahiko Sato, a joint representative, expressed the following view: “Even though I have dementia, the many things I can no longer do are also accompanied by many things I can do. I have introduced ways to be creative in my lifestyle without giving in to despair and continue living with hope” (Sato, 2014). There are many like him who live well with dementia.

Social movements that convey the voices of such people have already emerged; however, they need more powerful tools to reframe the concept of dementia and to change behaviors to make a social impact. To that end, in this paper, we present a pattern language for living well with dementia, which we call *Words for a Journey*. Pattern Language is a method of sharing practical knowledge in a target domain. We mined the knowledge from deep interviews, revealing the principles behind cases, and describing them in a certain format. In the following sections, we will overview the pattern language *Words for a Journey*, present the patterns, show cases of workshops using them, and discuss the advantages of using the pattern languages.

2. Overview of Words for a Journey

The pattern language for living with dementia, *Words for a Journey*, contains positive, practical wisdom about daily life, which was extracted from interviews about their experiences with people who are living well with dementia.

The method of pattern language was invented by Christopher Alexander for architectural design (Alexander et al., 1977; Alexander, 1979) and then applied to software design (Beck & Cunningham, 1987; Gamma, et al., 1995). Recently, this method has been applied to various domains related to creative human actions (Iba, 2015), which we call “Pattern Language 3.0,” including education (Pedagogical Patterns Editorial Board, 2012), innovation (Manns & Rising, 2005; Manns & Rising, 2015), learning (Hoover & Oshineye, 2009, Iba & Iba Lab, 2014a), collaboration (Iba & Iba Lab, 2014b), presentation (Iba & Iba Lab, 2014c), change making (Shimomukai, et al., 2015), disaster prevention (Furukawazono, et al. 2015), beauty in everyday life (Arao, et al., 2012), and cooking (Isaku & Iba, 2015). *Words for a Journey* is the first pattern language in the social welfare domain.

The core of *Words for a Journey* is the pattern “A New Journey” which offers a new perspective on living with dementia. Although it is not easy to accept the fact that you, a family member, or someone close to you has dementia, if you think of it as the start of a new journey, you can live more positively. For example, if you have dementia, you will be spending more time with your family, which will be a good opportunity to get to know them better. You will be going together to places where you used to go alone, and you will get a chance to reflect on each other’s lives and notice things about them that you did not know before.

The rest of the patterns in this pattern language provide practical and comparatively more concrete knowledge to live well with dementia. These patterns are categorized into three different groups: words for those living with dementia, words for caregiving families, and words for everyone (Figure 1). From the perspective of the pattern language method, this structure is unusual and quite new. Although existing pattern languages are designed for only one type of people for solving problems, *Words for a Journey* helps several types of people solve problems collaboratively with other types of people.

This means that it is not enough for only people with dementia to do their best; it is not enough for only caring families to do their best; and it is not enough for only others, for example, neighbors and care staff, to do their best. A dementia-friendly society will emerge only with their mutual cooperation. *Words for a Journey* enables spontaneous collaboration among them without requiring them to consciously think about collaboration (Figure 2).

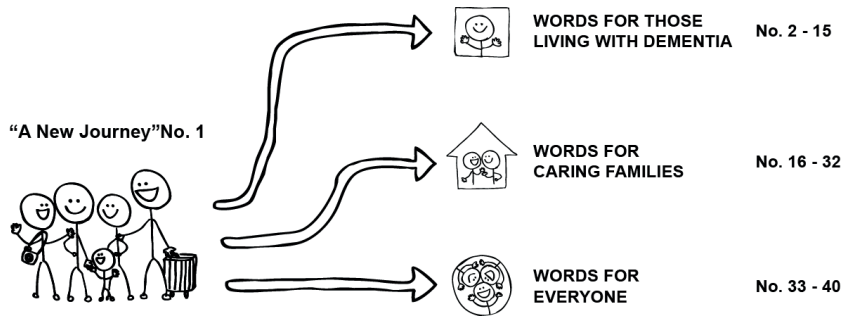


Figure 1: The three groups in Words for a Journey



Figure 2: Interrelations between patterns among the groups

Each pattern is written in the same pattern format: Pattern Name, Introduction, Pattern Illustration, Context, Problem, Solution, and Consequence. The Pattern Name defines the pattern with a short memorable word for easy reference, and the Introduction helps readers understand a living image of the pattern. Pattern Illustration shows the pattern's essence, including characters expressing human movements and feelings. The Context describes the situations in which the pattern should be used. Followed by the words "In this context," a Problem that is likely to occur in the context is presented. Then, followed by the word

"Therefore," a solution to the problem is presented. Finally, after the word "Consequently," the Consequence describes how things can change when this pattern is put into practice.

Note that the Pattern Name is not just a headline or summary for the pattern but a new word that can be used in conversations. Furthermore, Pattern Illustration is not just a complementary figure illustrating the pattern but an important element symbolically representing the essence of the pattern (Harasawa, et al., 2014; Miyazaki, et al., 2015; Iba & Iba Lab, 2015). Therefore, we elaborated on the name and illustration. Figure 3 shows an example of the pattern "Daily Chore" from the "Words for Those Living with Dementia" group.


Pattern Number	🏠 No.7
Pattern Name	<h2>Daily Chore</h2>
Introduction	Even the smallest things matter if you do them every day.
Pattern Illustration	
Context	You increasingly need the help of other people to do things for you. ▼ In this context
Problem	If you start to think you shouldn't do something on your own and should have everything done by others, you will start to become unable to do even the tasks that you can do now. You might be worried about whether you can still do a task in the same way that you used to. On top of that, your family may offer to do everything for you out of concern. However, if you accept having everything done for you, your brain will receive less stimulation, and your symptoms may progress more rapidly. ▼ Therefore
Solution	Talk with your family and create a chore that you can do by yourself every day. It can be simple tasks such as watering a plant and giving the pet dog his/her food. Tasks such as folding the laundry and making coffee for the family... anything similar to this is important. Reference your "Can-Do List" to look for chores that you can do. ▼ Consequently
Consequence	You can actively engage in the actions around your life. The chores will create a steady rhythm in your day, making it easier for you to maintain control over your life. The chores would also become a good starting point to have conversations with your family.
Related Patterns	▷ 6. Can-Do List 🏠 ▷ 21. Chance to Shine 🏠 ▷ 38. Inventing Jobs 🏠

Figure 3: Format and Contents of the "Daily Chore" Pattern

Words for a Journey is available as a book and a card set. The book contains the full contents of the patterns (Figure 4). Each pattern is printed in a double page spread; the left page contains the Pattern Number, Pattern Name, Introduction, Pattern Illustration, and Context; and the right page contains the Problem, Solution, Consequence, and Related Patterns. We took care to keep the size of letters of the text large enough for elderly people to read easily. In addition, we left wide margins and plenty of blank space to comfortably emphasize the sentences for the pattern. On the cover, we intentionally used positive, gentle colors and faces with positive—but not too strong—expressions.

The card set is designed with the same design standards of simplicity, gentleness, and comfort. The card set consists of the same patterns but contains only a summary of each pattern (Figure 5). It is intended for workshops in which people talk about their experiences using the patterns. Each pattern is printed on one side: Pattern Name, Introduction, Pattern Illustration, Context, a key sentence of the Problem, a key sentence of the Solution, and Pattern Number. The omission of the details is quite important because it makes people initiate conversations rather than reading in the workshop.

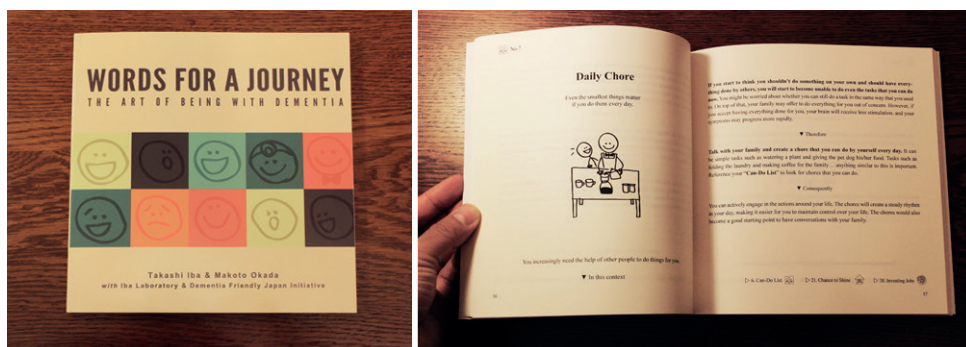


Figure 4: *Words for a Journey* Book

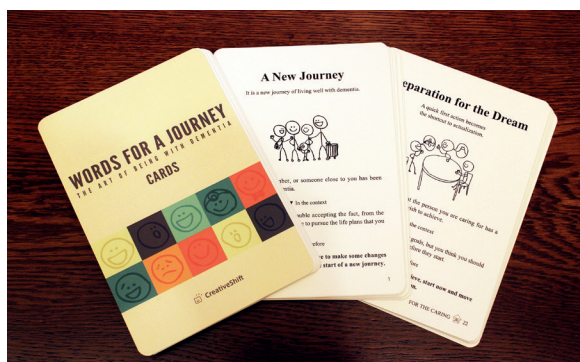


Figure 5: *Words for a Journey* Cards

3. Patterns in Words for a Journey

As we mentioned earlier, the core pattern is “A New Journey.” Table 1 shows a summary of the pattern: Pattern Number; Pattern Name; Pattern Illustration; Context; and key sentences of Problem and Solution. The rest of the patterns in *Words for a Journey* are categorized into three different groups: words for those living with dementia, words for caring families, and words for everyone.

The first group of patterns, for those living with dementia, contains 14 patterns: The First Step, Departure Announcement, Travel Plan, Fellow Traveler, Can-Do List, Daily Chores, Self-Reflecting Room, Favorite Place, Voice of Experience, Turning the Tide, Live in the Moment, Self-Intro Album, Own Way of Expressing, and Gift of Words (Table 2). These are patterns to help people with dementia live well with dementia.

The second group of patterns, for caring families, contains 17 patterns: Going Together, Team Leader, Family Expert, The Three Consultants, Disclosing Chat, Chance to Shine, Preparation for the Dream, Make It Funny, Usual Talk, The Seen World, Personal Time, Emotion Switch, Casual Counseling, Special Day, Generational Mix, The Amusement Committee, and Hint of Feelings (Table 3). These are patterns to help caring families help those with dementia to live well and also take care of themselves.

The third group of patterns, for everyone, contains eight patterns: Job-Specific Contributions, On-the-Spot Helper, Encouraging Supporter, Personal Connections, Mix-Up Event, Inventing Jobs, Delivering the Voice, and Warm Design (Table 4). These are the patterns for anyone to use to support people with dementia and their families.









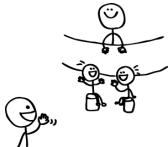




CORE			
No.	Pattern Name	Pattern Illustration	Context, Problem, and Solution
1	A New Journey		You, a family member, or someone close to you has been diagnosed with dementia. In this context, you may at first have trouble accepting the fact, from the fear that you may not be able to pursue the life plans that you previously had. Therefore, you must accept the fact that you will have to make some changes in your life, and learn to think of it as the start of a new journey.




Table 1: A Pattern in the CORE category

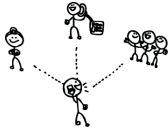

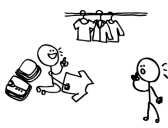



WORDS FOR THOSE LIVING WITH DEMENTIA			
No.	Pattern Name	Pattern Illustration	Context, Problem, and Solution
2	The First Step		You recently became aware of the possibility that you may have dementia. You may have noticed that you have become more forgetful, or people around you may have noticed symptoms. In this context, if you are reluctant to visit a doctor and do not receive proper care, it will hinder early detection and treatment and may cause your symptoms to worsen. Therefore, think of your first visit for an examination as the start of a journey: a journey to live well, with others, as a strong individual.
3	Departure Announcement		You are at the beginning of 'A New Journey.' In this context, your family won't know how much they should get involved with your disease, especially if the symptoms are still mild. Therefore, take the opportunity to tell your family about your disease.
4	Travel Plan		You have taken 'The First Step' of your journey, and made your 'Departure Announcement' to your family. In this context, the life plans that you had before this New Journey may not work out exactly the way you planned. Therefore, get help from family, friends and even specialists to arrange a new life plan so that you can still live up to your full potential, even with dementia.
5	Fellow Travellers		You have come to the beginning of 'A New Journey,' made your 'Departure Announcement,' and have made your 'Travel Plan'. In this context, although you are carrying out your 'Travel Plans,' sometimes you may lose confidence in yourself and have a hard time cheering yourself up. Therefore, find people that you can mutually empathize with and have fun with those people.
6	Can-Do List		You are trying to live positively with dementia, but there will still be times when you feel down. In this context, you may feel trapped by sad feelings caused by fright and worries about your future. Therefore, make a list of the things that you can still do now.
7	Daily Chore		You increasingly need the help of other people to do things for you. In this context, if you start to think you shouldn't do something on your own and should have everything done by others, you will start to become unable to do even the tasks that you can do now. Therefore, talk with your family and create a chore that you can do by yourself every day.







8	Self-Reflecting Room		You sometimes become afraid of gradually losing your memories. In this context, it is sad if, in the near future, you do not remember what things once composed your identity. Therefore, make your room reflect yourself by filling it with the things you think are beautiful, the things that you treasure, and the things that tell stories about moments from your life.
9	Favorite Place		You have begun spending less time outside and more time inside your home. In this context, staying inside your home all the time is not fun and may be tiring. Therefore, find a place where you can go by yourself without any trouble, and make sure your family knows about the place too.
10	Voice of Experience		You have read and heard advice on living with dementia and are thinking of putting it into practice. In this context, in your head, you understand what you should do, but actually putting it into practice is hard. Therefore, find a person who has been living with dementia and seek first-hand advice from them.
11	Turning the Tide		You are starting to get used to your journey of living well with dementia. In this context, you feel inconvenience in the environment around you and wish for that to change, but keeping this discontent to yourself or within your family will not solve anything. Therefore, you can start by sharing your experience and discontent to make people become aware of the problems.
12	Live in the Moment		A fun event such as a party or vacation is coming up. In this context, the event seems like fun, but somewhere in your mind you are hesitating to go. Therefore, jump into the event and enjoy the moment.
13	Self-Intro Album		You recently have many opportunities to meet new people. In this context, you sometimes have trouble introducing yourself with words. Therefore, keep a small item with you, such as an album, which you can use to show who you are.

14	Own Way of Expressing		You feel you are having trouble expressing your thoughts and emotions with words. In this context, having trouble expressing yourself and not being understood is stressful and takes away from your confidence. Therefore, find a way that you could enjoy expressing yourself that doesn't use words.
15	Gift of Words		You are gaining support from many people around you. In this context, you are feeling thankfulness towards these people, but they will not understand if it is just in your mind. Therefore, express your thankfulness in words.

Table 2: Patterns in the WORDS FOR THOSE LIVING WITH DEMENTIA category

WORDS FOR CARING FAMILIES			
No.	Pattern Name	Pattern Illustration	Context, Problem, and Solution
16	Going Together		You recently became aware, due to forgetfulness or other behavior that a family member may have dementia. In this context, if you do not take them to the doctor to receive proper care, it will hinder early detection and treatment and may cause symptoms to worsen. Therefore, think of the first visit for examination as the start of a new journey to live well with others as a strong individual with dementia and help them by taking the 'First Step' with them.
17	Team Leader		You are going to be the closest person to support the family member with dementia. In this context, trying to do everything by yourself is very stressful and tiring. Therefore, name yourself as the 'leader' of the support team and determine who will be on the team and how the team will be organized.
18	Family Expert		You have been collecting information about dementia care from books and the Internet. In this context, there is no guarantee that all of the information will work perfectly for your situation. Therefore, become an expert in the house at searching for and collecting information that would be specifically helpful at your home.

19	The Three Consultants		You have started providing care for your family member with dementia and are facing numerous problems. In this context, the problems are spread across a broad range of areas from daily life to expert knowledge, and it is difficult to find the right person to ask for help. Therefore, select three different types of consultants according to their expertise: medical help, caregiving help, and family help.
20	Disclosing Chat		You have not got the opportunity to tell the people around you that a family member of yours has been diagnosed with dementia. In this context, if people around you do not know about the situation, you will not be able to ask for help, nor would they be able to help you. Therefore, do not set a special occasion to disclose the disease, but mention it casually during brief conversations with the person.
21	Chance to Shine		You are putting effort into caregiving. In this context, if you do everything for the person with dementia, including the tasks that they can do on their own, eventually they would become unable to do anything. Therefore, provide small opportunities for the person with dementia to contribute to the family.
22	Preparation for the Dream		You have found out that the person you are caring for has a dream or goal that they wish to achieve. In this context, you want to help achieve their goals, but you think you should wait until they recover a little before they start. Therefore, even if the goal seems hard to achieve, start now and move little by little towards its actualization.
23	Make it Funny		You are giving care to your loved family member. In this context, when caregiving continues for a long period, topics of conversations tend to be centered around the disease itself and its care. Therefore, pick up signs of enjoyment in their words, and reply to amplify their fun feelings.
24	Usual Talk		You talk to your loved family member, but sometimes they 'space out' and you do not get an answer. In this context, if you decide they would not understand this topic and end the conversation, eventually you will have less and less to talk about with them. Therefore, continue the conversation even if they do not understand you and you do not receive an answer.

25	The Seen World		Your loved one with dementia sometimes says things that differ from the facts and reality. In this context, just plain neglect of what they are seeing will hurt the person's feelings. Therefore, do not affirm or deny what they are saying or feeling.
26	Personal Time		You are spending much of your time giving care for your diagnosed family member. In this context, if you become too devoted to caregiving, you will eventually become emotionally tired and lose yourself in being so busy. Therefore, gain cooperation from the people around you and take time off for yourself.
27	Emotion Switch		Even if you have the deepest love towards them, there will come times when you feel frustration or anger when giving care for someone with dementia. In this context, if these negative emotions pile up, one day they may explode. Therefore, have a way to switch your emotions to something more positive and move on.
28	Casual Counseling		You are bearing most of the caregiving responsibility in the house. In this context, you are experiencing problems and worries that you try to handle by yourself and have not had the opportunity to talk about it to the rest of the family. Therefore, find a casual opportunity to lightly disclose your feelings to family members.
29	Special Day		The days are passing by and each day seems similar to the one before. In this context, when the days are monotonous, maintaining a positive feeling both for the person with dementia and caring families is hard. Therefore, put aside time for a 'Special Day' once in a while, where the person being cared for can experience something different from the usual.
30	Generational Mix		The ones giving care are always the same few people. In this context, when the same people are always around, the person with dementia will be confined to a very small world. Therefore, set up opportunities for the person with dementia to meet and talk to children and adults of various generations.




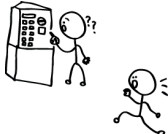
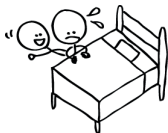
31	The Amusement Committee		Some family members are taking central roles in caregiving. In this context, family and relatives who live far away rarely get a chance to spend time with the person with dementia. Therefore, set up a fun event and get different people from family and relatives involved in planning it.
32	Hint of Feelings		You are starting to get used to giving care to your loved family member diagnosed with dementia. In this context, when you are busy giving care for the person, you may be unknowingly making them do things against their will. Therefore, look into the actions and words of the person you are caring for and search for hints of what they truly want.

Table 3: Patterns in the WORDS FOR CAREGIVING FAMILIES category

WORDS FOR EVERYONE			
No.	Pattern Name	Pattern Illustration	Context, Problem, and Solution
33	Job-Specific Contributions		In Japan alone, approximately 8 million people are believed to have dementia today, including those at risk; in addition, one in four elderly have either dementia or show early symptoms of the disease. In this context, though the people with dementia need help in a wide variety of areas in their daily life, little effort is made to provide assistance outside the medical and welfare fields. Therefore, set an opportunity to think about how you can help with the issue of dementia hindering your work, and put the ideas into practice.
34	On-the-Spot Helper		You are walking in town and see someone showing unusual behavior. They may be walking in an uncoordinated manner or having trouble controlling a machine. In this context, that person may have dementia and may need help. Therefore, become an 'On-the-Spot Helper' and offer to help for a short amount of time.
35	Encouraging Supporter		You have a friend who is giving care to a family member with dementia. In this context, you feel rude to step into family problems, so you do not touch on the topic. Therefore, have them talk about their situation and what kinds of efforts they are putting in.






36	Personal Connections		You are seeking ways to learn more about dementia and get involved. In this context, starting by reading books or taking classes on dementia and caregiving can be overwhelming and hard to continue. Therefore, create a connection with an actual person with dementia, and learn necessary information by spending time with them.
37	Mix-Up Event		You are planning an event for people with dementia and their family members. In this context, it is hard for participants to truly have fun at an event designed specifically for the people with dementia. Therefore, organize the event so that people can enjoy it regardless of if they have dementia or not.
38	Inventing Jobs		A person with dementia wishes to contribute to society. In this context, though the person may have the will to work, it is often difficult to find a job that they are capable of doing. Therefore, create a new opportunity for them to contribute to their society with the help of local companies and government.
39	Delivering the Voice		You regularly spend time among people with dementia, and often work with them. In this context, there are still many people in the world who are unconcerned or uninformed about dementia. Therefore, help deliver the voice of the people with dementia and their families to as many people as possible.
40	Warm Design		As part of your normal job (i.e. 'Job-Specific Contributions') you have thought of a new product or service targeted at people with dementia and the people around them. In this context, if you put all of your effort into its function, but its design is unattractive, your target audience will not want to use it. Therefore, make it so that the user feels the design fits them perfectly and gives them a sense of kindness.

Table 4: Patterns in the WORDS FOR EVERYONE category

4. Using the Patterns Words for a Journey

The primary goal of this pattern language, *Words for a Journey*, is for people with dementia and their families to gain insights into living well with dementia. It enables people to absorb the patterns from *Words for a Journey* into their daily lives and engage with others to expand their understanding of the disorder.

Basically, there are three ways for people with dementia and their families to use these patterns in daily lives. First, they read through the collection of patterns and put those that they find interesting or useful into practice. This should become an opportunity for them to initiate a new action for positive change that they otherwise would not have taken (Figure 6). By reading through the patterns, it becomes easy to incorporate positive thinking into daily life through concrete images. Here, the fact that the abstract patterns are already written is quite important because it is extremely difficult for people to extract wisdom from others' experiences and then apply it to their own situations. The patterns provide a shortcut, so users can simply apply the patterns to their situations.

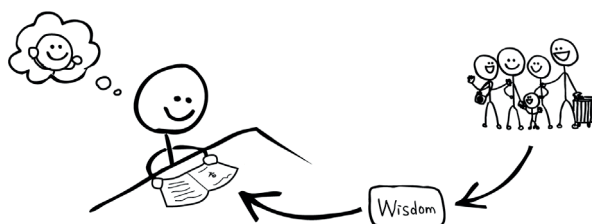


Figure 6: Reading the book and learning wisdom

The second way to use the patterns is to use them as a part of their vocabulary when speaking with others about matters related to these patterns in daily life (Figure 7). For example, a person with dementia and his/her family can, for example, have the following conversation: "I should put this picture on the wall in my Self-Reflecting Room so we can remember this family trip." By including these words in their vocabulary, they come to be thought of as something to be considered. The current problem suggested by the pattern can be worked on and solved, and the potential risk of future problems can be reduced.

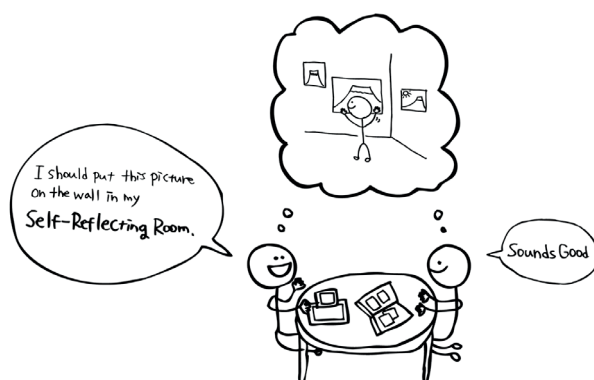


Figure 7: Using words as common vocabulary in daily life

The third way to use this pattern language is to talk about experiences with others using the patterns (Figure 8). This dialog sometimes takes place in a “dementia cafés” or workshop setting. The facilitator picks two, three, or more patterns from among the 40 and invites people to share their experiences with them. For example, a facilitator can introduce the pattern “Daily Chore” and ask attendees if they have such an activity and what it is; their Daily Chore may be growing vegetables in the garden or walking their dog. When listening to their peers’ stories, other participants may be able to envision their own daily chore or be motivated to start doing something on their own. Thus, they can learn not only from the patterns but also from the experience of others in light of the patterns.

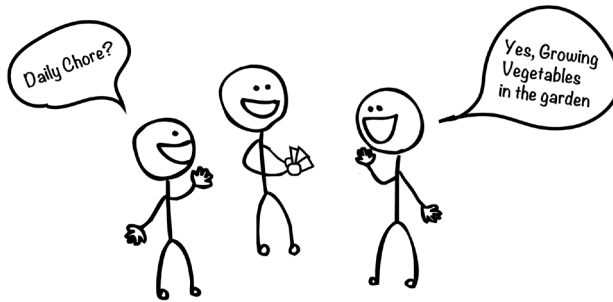


Figure 8: Sharing experiences using the words

5. Workshops using Words for a Journey

Recently, pattern languages have been used as a media for narrative and dialog in various domains (Iba, 2014a, 2014b, 2015). *Words for a Journey* also can be used in workshops to provide participants with an opportunity to reflect on their experiences, talk about them with others, and make a plan for future actions using the patterns from *Words for a Journey*. In what follows, we describe some cases of workshops using *Words for a Journey*.

5.1. A dialog workshop for sharing experiences

The first case was a dialogue workshop for sharing experiences on supporting people with dementia and their families using the *Words for a Journey* cards (Figure 9). We held this kind of workshop for various groups of people, including care staffs, people from industries, nonprofit organizations (NPOs), government agencies, educators, and students.

This workshop is usually held in the following process: First, participants were divided into medium-sized groups, with each group sitting in a circle. The 34 pattern cards were shuff-

led, and 3–5 cards were dealt to each person. Each person took turns revealing a pattern card in their hand with which they have had past experience and then shared a story about it with the group.

Next, each person chose and placed on the table a card from their hand that they wanted to hear stories about. If any person in the group had a story about one of these patterns, that person would share it. A person could also choose a pattern that they had already experienced but about which they wanted to hear additional stories. When no cards remained in a person's hand, additional cards could be drawn from the deck.

Every time we held the workshop, participants enjoyed sharing their experiences and looked positive and excited.



Figure 8: Sharing experiences using the words

5.2. Reading time for expressing positive feelings

The second case was that of a day care center, where *Words for a Journey* was used by elderly people to express positive feelings about their lives. Hideki Inada of Care Salon Sakura held such reading periods at the end of their “orange café” (dementia café) because, he said, the patterns in *Words for a Journey* were written with such gentleness and positivity that the elders were able to express positive feelings. In this setting, they sat in a circle, and he chose a pattern from *Words for a Journey* to read together (Figure 10).



Figure 10: Reading time with *Words for a Journey* for expressing positive feelings in the “Orange Café” (dementia café)

5.3. Workshop for enriching nursing education

The third case was nursing education. Prof. Kikuko Ota from the Faculty of Nursing and Medical Care at Keio University used *Words for a Journey* in her class “Developmental Issues in Geriatric Nursing” to provide an opportunity for students to understand people with dementia (Figure 11).

The goal of this class was for students to understand the features of dementia and consider concrete measures for supporting people with dementia. They divided into groups of six and discussed from a nursing perspective their feelings about the problems of elderly people with dementia and their solutions using seven pattern cards from *Words for a Journey*.

Prof. Ota said that a result of the workshop was that students were able to deepen their understanding even if they had little experience working with the elderly, because they could learn from the experiences of other students. In the practical training after the class, some students were able to make use of their new understanding in actual communication.



Figure 11: Workshop for Nursing Education using *Words for a Journey*

5.4. Idea generation workshop for inventing new products and services

The fourth case was a workshop to generate ideas for new products and services for people with dementia and their families. In the workshop, the patterns were used in the two following ways as seeds for designing products and services to help people in the situations described by the patterns: one was designing products and services to support actions leading to solutions and the other was designing products and services to correct conditions so that problems do not occur in the first place.

We held an idea generation workshop with *Words for a Journey* for students in the Faculty of Policy Management and Faculty of Environment and Information Studies at Keio University (Figure 12). Few had previous knowledge about dementia, but they were able to learn enough from the pattern language to conceptualize new tools for positive support.



Figure 12: Idea Generation Workshop using *Words for a Journey*

6. Ideas for use of *Words for a Journey* by various stakeholders

The use of *Words for a Journey* is intended not only for people with dementia and their families but also for wider audiences. This includes members of family associations, NPOs, volunteers, care providers at medical and other facilities, people working for municipalities and other governmental agencies, educators, companies creating new products and services to make the world a better place, and even people who do not yet have firsthand experience with dementia.

6.1. For people involved with family associations, NPOs, and volunteers in the field

People involved with family associations and NPOs and volunteers in the field can hold discussions for participants to discuss their experiences with dementia. Participants pick two, three, or more patterns from the 40 patterns and invite people to share their experiences with these patterns. For example, one could introduce the pattern “Favorite Place” to a family association and ask participants if they have such a place and how they are using it. Their “Favorite Place” may be a local coffee shop or the library. Then, one could ask them why they consider this their favorite and how their lives would be different if they did not have this place. When listening to their peers’ stories, the other participants will be able to envision their own “Favorite Places,” which will motivate them to find a place of their own if they do not already have one. *Words for a Journey* will become a conversation starter

to facilitate comfortable conversations even among people who do not know each other well yet.

6.2. For people in caregiving and other medical fields

People in caregiving and other medical fields can create opportunities for people with dementia, their families, and others who use their facilities. In addition, their staff can engage in constructive conversations with these people so they can learn from each other and thus add value to the quality of the services provided. *Words for a Journey* is also useful when people with dementia and their family members are experiencing difficulties. The patterns will help them view dementia in a more positive light. These pointers, coming from a non-professional perspective, would be useful in a different way from the usual professional advice.

6.3. For people working with municipalities and other government agencies

People working with municipalities and other government agencies can use *Words for a Journey* to help them talk to people with dementia and their families about how government support can be improved. This will help them share and communicate contexts and problems and enable a constructive discussion.

6.4. For educators

Even if educators do not have personal experience with anyone with dementia, *Words for a Journey* will offer a good peek at what it would be to have the condition or be close to someone who does. For students at any level, from elementary school to college, knowing the people of their community better will be a good experience and make them think more about their futures, develop awareness of the issue, and cultivate a caring attitude toward others.

6.5. For industry leaders

The problems and concerns faced by people with dementia can be used to help industry leaders think about new products and services and reach beyond patterns such as “warm design.” However, many patterns can be a good starting point for ideas. If every company were to take a role in resolving issues related to dementia, we would have a great foundation for a society that lives well with dementia.

7. Conclusions

In this paper, we presented a pattern language for living well with dementia and ways to use the pattern language. In order to involve many people, it is necessary to consider how to use the pattern language in various contexts, and these opportunities and efforts to develop the ways can become a trigger for encouraging behavioral changes. Also, we are still searching for new words for living well with dementia, so we will build social networks to enrich the collection of words. We think of this process itself as an activity for building a society that enables living well with dementia. I hope that our study is a trigger for turning the tide toward a dementia-friendly society.

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