

CONVERSATION DICE DEDICATED



Talk to someone with dementia and/or loved ones using the Conversation Dice

How do I use the Conversation Dice?

Have the person with dementia or their loved one roll or spin the dice.

You can ask the following questions:

- What do you see?
- What stands out to you? What moves you right now?
- What does this mean to you (while pointing to a symbol)?

Most of the time, you don't need to ask a question, since the person will respond to the roll of the dice. Take your time with the reaction.

Encourage them to think about what the symbols evoke. This could be a memory, but also a thought, a wish, an opinion, an anecdote, and so on.

Sometimes people find it difficult to connect a symbol to a story.

You can help them by presenting them with some examples of associations. These are shown on the right.

Each symbol can evoke something different in each person. So, there's no right or wrong interpretation. This makes every conversation, or every interaction based on the Conversation Dice, unique.



Relatives – Family (ties) – Family composition – Family of origin – Love – Important people – Connectedness – Friends – Loved ones – Saying goodbye to loved ones



This is living at home – Moving – Creating a feeling of home – Best place to live – Where has someone lived? – Where would someone like to live? – Desired place for the end of life



Life path – Life purpose – Where does the path lead? – The end of life – The meaning of dying – Beyond the horizon and the 'afterlife'



Happiness – What makes someone happy? – What brings happiness? – Meaning of happiness or being happy – Happiness of others – Sharing happiness – Meaning of unhappiness or being unhappy



Favorite music – Making music – Playing a musical instrument – Singing – Listening to music – Feelings and emotions about music – Memories about music – Music at a funeral



Favorite animal – Pets (present and past) – Farm animals – Animal cruelty – Vegetarianism – Desire to see or pet animals – Legacy in the form of pets

