





My Attempts to Live a Better Life

William Yeates

My Diagnosis

- Clinical tests:
 - Brain Perfusion SPECT Scan – positive for reduced blood supply to the brain
 - Amyloid PET Scan – grade 3 indicates significant deposits of β -Amyloid
- Symptoms of cognitive decline
 - Memory loss
 - Difficulty concentrating
 - Poor judgement

DARKNESS surrounding me...

- Erosion of my concept of self identity
- Lost confidence in myself
- Disillusioned with life
- Withdrew from involvement with the wider community

DARKNESS surrounding me...

- Trip to Japan
 - Last hurrah
 - Reflections in the Onsens (Japanese hot water baths)
 - Dealing with adversity
 - *“learn to accept what I can’t change”*

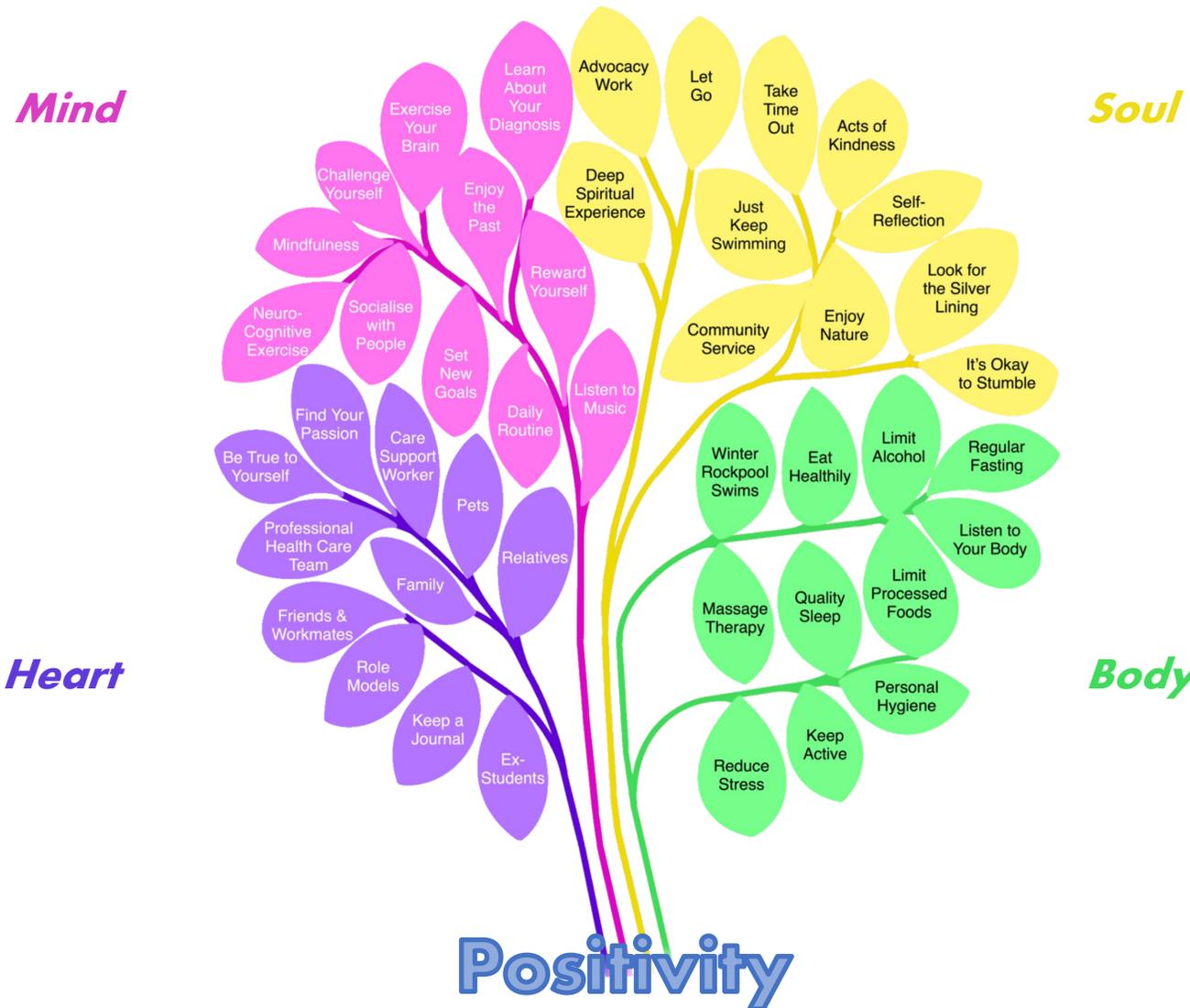


How to move ahead with my life

- Decision to lead a better life with Alzheimer's
 - Novel clinical trial – anti-inflammatory hypothesis
 - How to manage my diagnosis – Tree of Awakening your Positivity



Tree of Awakenning Your Positivity



12th of April 2023 =
3 years following
this approach

12th of March 2023

12th of March 2023

MASTER

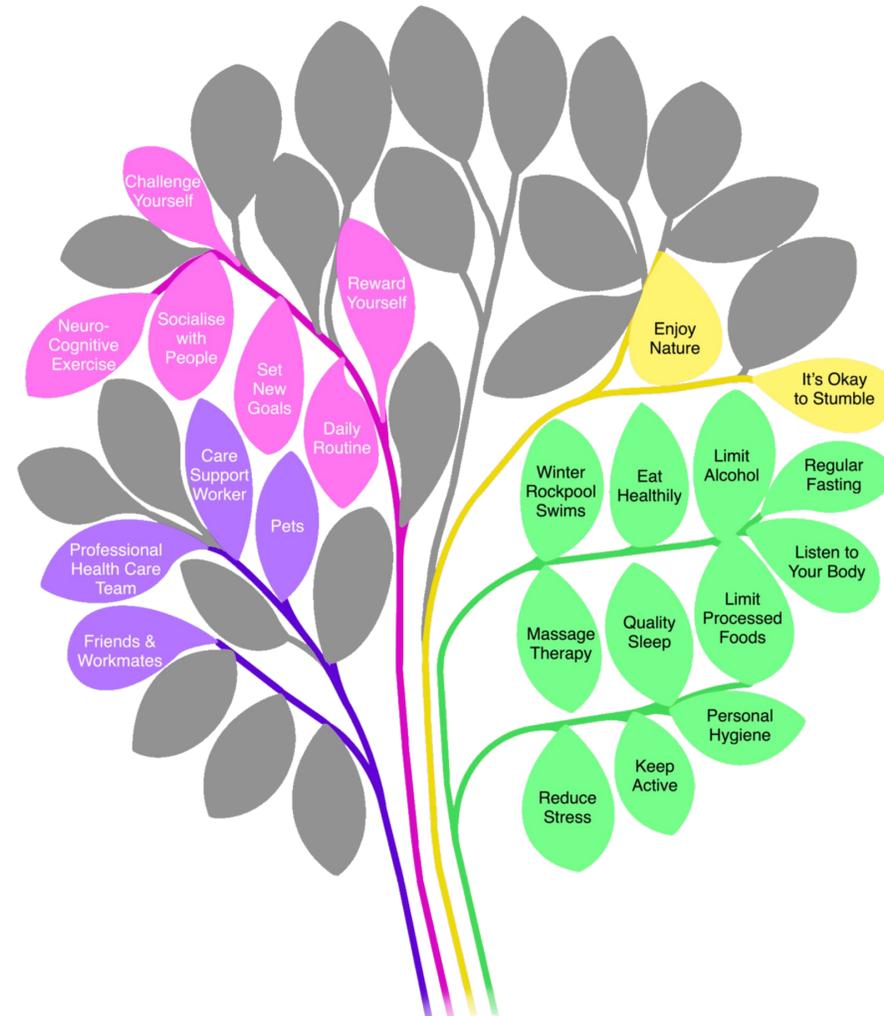
RANK **8th** CURRENT **1,062**

LEVEL 11 No change in rank

8 Bill Y 1,062

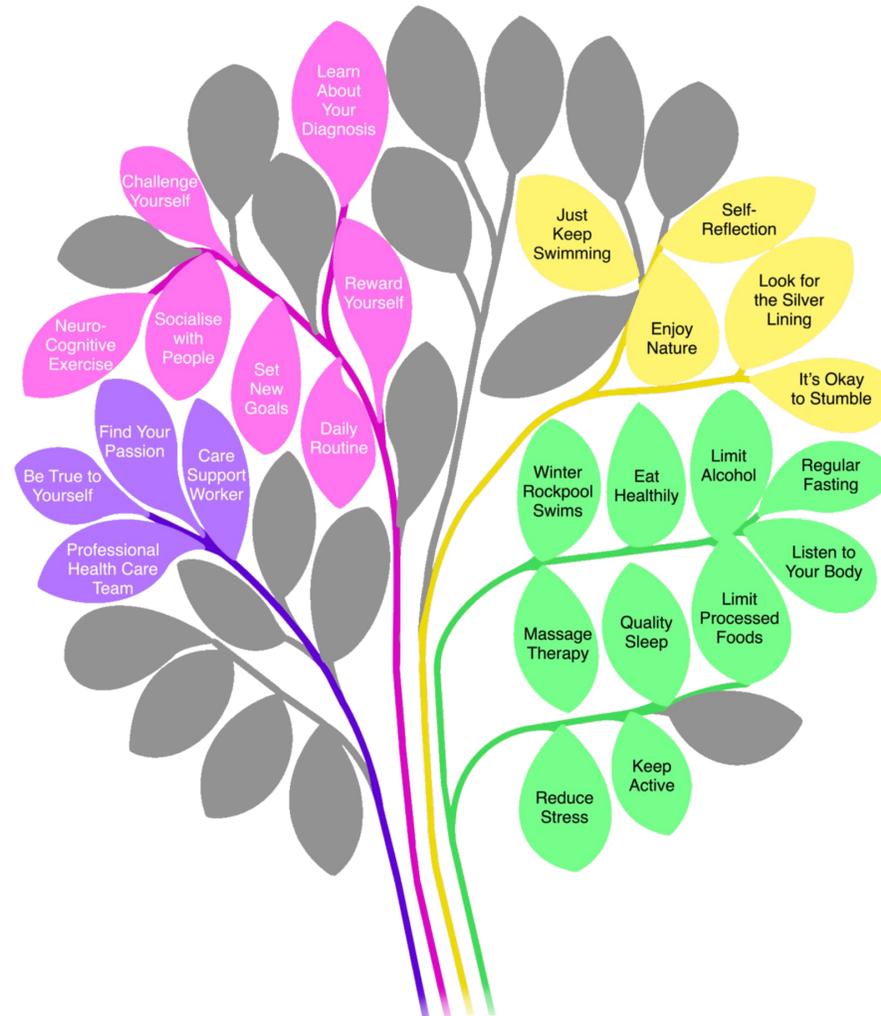
Tree of Awakenning Your Positivity

Lifestyle Changes



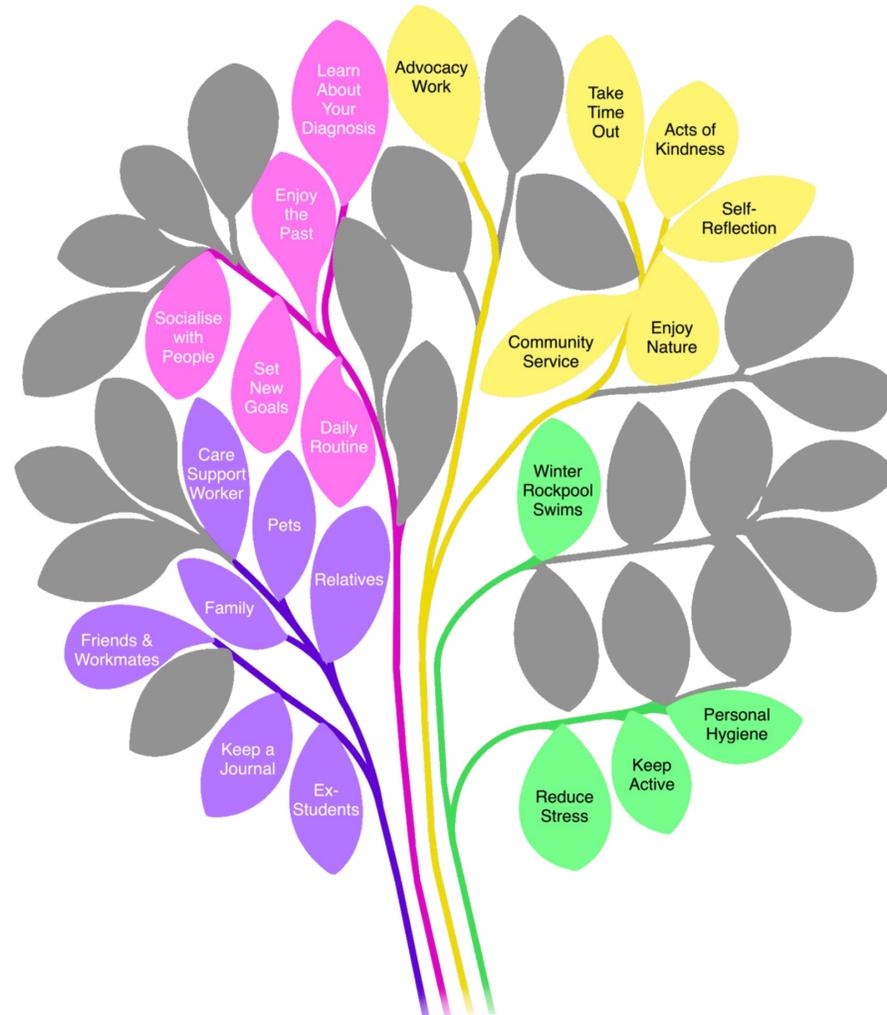
Tree of Awakenning Your Positivity

*Masters
Swimming
& Surf
Lifesaving*



Tree of Awakening Your Positivity

Social Engagement



Moving toward living a better life

Returning to Volunteer Surf Lifesaving



Moving toward living a better life

Returning to Volunteer Surf Lifesaving



Moving toward living a better life

My Role as an Advocate

Advocacy Roles

- Dementia Australia Advocates Program
- ✓ Providing people living with dementia, carers and former carers with a meaningful way to share their stories, identify current issues and positively affect change at a system level.
- Dementia Alliance International Vice Chair
- WHO – Global Dementia Observatory (GDO) Knowledge Exchange Platform



THE GLOBAL DEMENTIA OBSERVATORY KNOWLEDGE EXCHANGE PLATFORM

www.globaldementia.org

What is the Global Dementia Observatory Knowledge Exchange (GDO KE) Platform?

The GDO KE Platform (www.globaldementia.org) is an online platform that contains evidence-based resources (e.g., training tools, guidelines, online platforms) from around the world that countries and communities can use to support their response to dementia. The resources help address one or more of the following areas*:

1. Dementia as a public health priority
2. Dementia awareness and friendliness
3. Dementia risk reduction
4. Dementia diagnosis, treatment, care and support
5. Support for dementia carers
6. Information systems for dementia
7. Dementia research and innovation

Anyone who has developed a resource that addresses one or more of these topics can submit their resource to be considered for inclusion in the Platform.

How do I submit a resource for inclusion in the Platform?

To submit a resource, you will need to complete a [short survey](#). The survey can be found at the top of every webpage in the Platform:



Are all submitted resources added to the Platform?

To ensure that submitted resources meet quality and good practice criteria, resources submitted to the Platform are reviewed by experts and a Focus group of people living with dementia. Their feedback informs the WHO's decision on whether a resource will be included in the Platform.

"Providing a platform where people throughout the world can share their resources, ideas and successes is a great initiative that directly focuses on improving the lives of people living with dementia. It also sends a powerful message that collectively we are all united in our efforts."

Bill Yeates, Australia (Focus group member, living with dementia)

If you have any questions about the GDO KE Platform, please email whodementia@who.int

*For more information about the seven areas, please see: [Global action plan on the public health response to dementia 2017-2025](#)



Moving toward living a better life

My Role as an Advocate

Advocacy Roles

- Talks and Conference presentations
 - ✓ Raising awareness through presenting my experiences
 - ✓ Introducing the value of a Neuro-Cognitive Training Program
 - ✓ Designing my own post-diagnostic support – reablement plans



2022 ADI Conference
London



2022 Hammond Care
Dementia Conference
Sydney



Channel 7 Interview

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My Role as an Advocate

Advocacy Roles

- Hello T-Shirt Initiative



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Advocacy Roles

- Rockpool Tour



My Message

- Life doesn't need to end with a dementia diagnosis – your challenge is to create a new beginning
- Importance of setting goals – focused on rebuilding your concept of self
- Just Keep Swimming
- Always look for the silver lining