

Dad, Dementia, Ageless Grace and Me

Jo Brizland-Cullen

Ageless Grace Brain Health, UK

A Daughter's journey whose Dad succumbed to an aggressive form of dementia, difficulty in getting a confirmed diagnosis and lack of specialised support to enable him to live well at home with Dementia as the disease progressed. How could we issue for people with Dementia and their families approaching end of life in a person-centred way. The impact of Dementia on 3 generations of family.

A Daughter's Mental Health History, early stage Menopause, and fears of Dementia leading to an aborted suicide attempt, subsequent recovery generating 'Hope' for people 'living with' or 'at risk' of Dementia, through challenging attitudes to Mental health issues, increasing awareness of 'self-care' techniques including Tantra Yoga practice which is thousands of years old, the original 'mind, body & spiritual practice'.

Buddha was asked, "What have you gained from meditation?" He replied, "Nothing!", however Buddha said, "let me tell you what I lost: Anger,

Anxiety, Depression, Insecurity, Fear of Old Age and Death."

Jo's learning of Ageless Grace, a cutting-edge Brain-Body Fitness Program based on Neuroscience and Play, and quest to understand if this may have helped improve her Dad's journey.

Jo will be sharing her own benefits from practice of 'Tantra Yoga' and 'Ageless Grace' and sharing Case Studies from Ageless Grace clients with Dementia living in other countries around the world.

Speaker Biography

Jo Brizland-Cullen has worked 30 years with older people to improve health, life & wellbeing. She is a Qualified Healthy Hips & Hearts (including Fall prevention) teacher, Gym Instructor, Tai Chi for Arthritis Instructor, Level 3 Adapted Physical Activity for Disabled People & GP Referral Programme Consultant, British Association of Cardiac Rehabilitation Level 4 Instructor, Kundalini Tantra Yoga Teacher and Ageless Grace Trainer & Educator. She managed a Hospital Discharge, Aftercare & Reablement team which won a Hospital Award for 'team contribution to outstanding patient care'.

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