



■ Lee Ki-beom (Male, 63 years old, residing in South Korea)

Hello, my name is Lee Ki-beom. I'm 63 years old this year and live in Incheon Metropolitan City. After working as a public servant for about 40 years in this city, I retired.

Currently, I sometimes feel that my memory is becoming vague, and I sense that something is not quite right. After undergoing tests at the hospital, I was diagnosed with significant loss of brain cells.

At first, I was shocked, but apart from my memory being a little worse, there are hardly any major problems with my social life, so I decided not to worry about it too much. Everyone gets older and gradually declines, so I've decided to take life easy. When I think about it that way, nothing really feels inconvenient. Besides, as we get older, it's natural for people around us to help, so let's take it as normal and live life with ease. That's the mindset I'm living with now.

And, well... I don't need to take any medication right now. At the hospital, well... they say there's no treatment available, but I think forgetting can be a way to cope, so I've decided to live life with a carefree attitude.

I have many friends in similar situations, so I want to live life laughing together with them while we understand each other. Even if we cry, this disease isn't curable, right? So, let's all live our lives with laughter. Take it easy.

Translated by Associate Professor Kim Wonkyung, Department of Social Work, Faculty of Sociology & Social Work, Meiji Gakuin University

■ Kang Jooyeon (Female, 64 years old)

Hello, my name is Kang Jooyeon. I'm 64 years old and live in South Korea.

I worked as an English teacher for 30 years, and two years ago I was diagnosed with Alzheimer's disease. Now I am participating in this forum as an Ambassador of Hope for Overcoming Dementia. People around me ask how I'm going to live with dementia, but I believe I can manage well, and I've been doing my best to live life to the fullest.

So, I want many people who watch this video to live with courage.

Now, let's shout these out together!

I can do it. You can do it. We can do it.

Thank you very much.

Translated by Associate Professor Kim Wonkyung, Department of Social Work, Faculty of Sociology & Social Work, Meiji Gakuin University



Reference videos

- ① Person living with dementia (Nam Cheol Yong, who lives alone) who uses the Gangdong Dementia Care Center in Seoul and volunteer guardians who are involved in supporting him (Broadcast by the South Korean cable TV station 'D-Live')



<https://www.youtube.com/watch?v=teh2M-kasqY>

- ② Scene from the awareness-raising activities (Dementia Overcoming Day) by the Incheon Metropolitan Dementia Center and the ceremonial first pitch by a person living with dementia



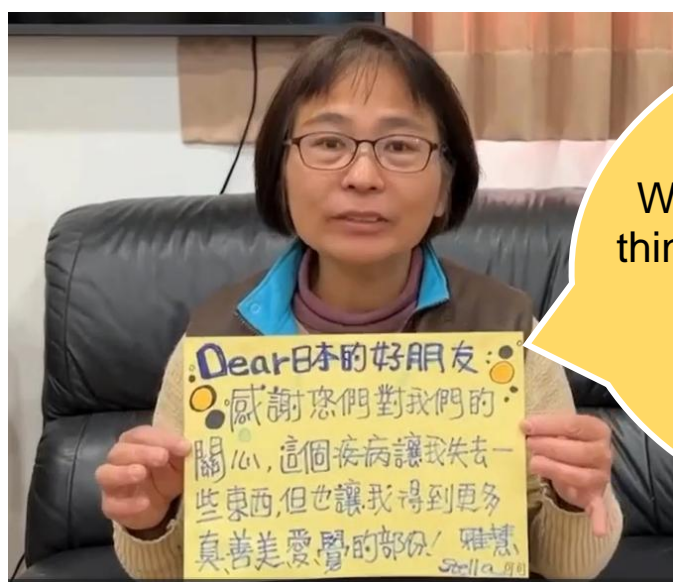
<https://www.youtube.com/watch?v=Rn6rwH3rzYY>

Note: Both ① and ② are videos in Korean. Please use YouTube's subtitle translation feature or other translation tools.

Messages from people with dementia in Taiwan



We have messages we'd like to share with you!

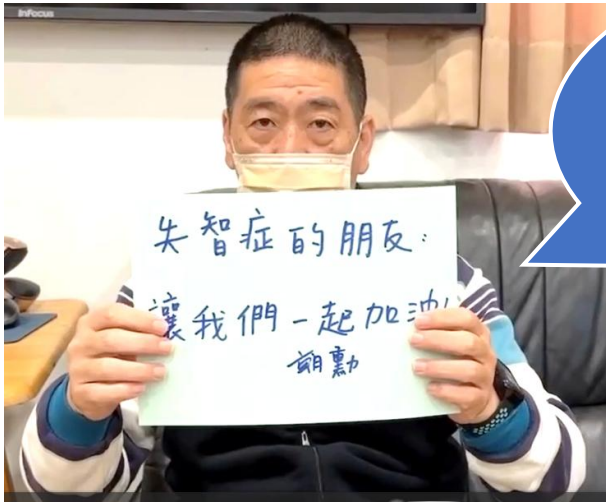


We sincerely thank you for your warm interest in us. While this disease has taken many things from us, it has also allowed us to feel truth, goodness, beauty, and love more deeply.

Cai Yaqiang

Let's all do our best together!
CHOI Lai-wah



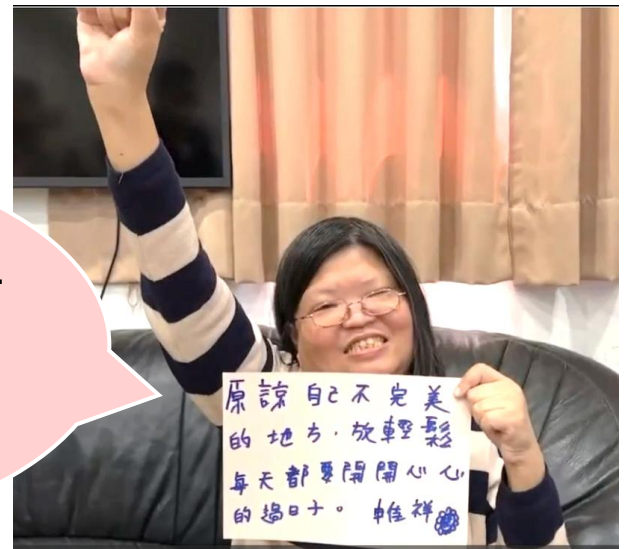


To all our fellows living with dementia,
let's keep going strong together!

CHAN CHIU FUN

Allow yourself to accept your
imperfections and take it easy.
Spend each day with a smile
and enjoy life to the fullest.

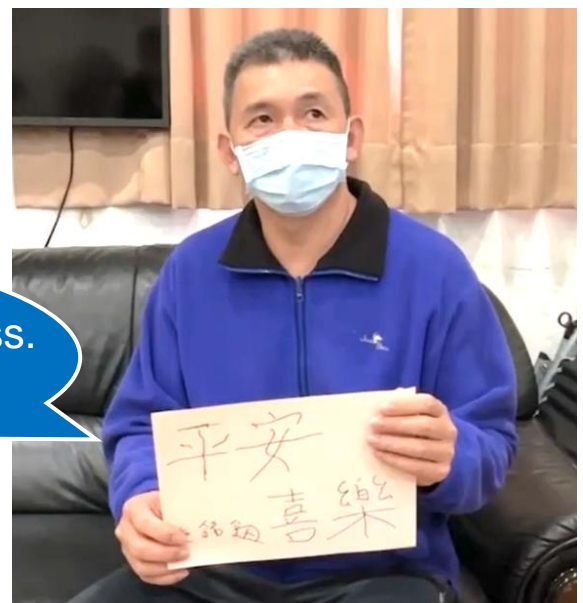
Shen Jiaxiang



Please take better care of yourself.
Live true to your heart,
cherish your body, and stay well.

Lau Kok Tong

I pray for your peace and happiness.
SZE MING NIU



the Research Study on Building an International Network for the Participation of People Living with Dementia to Promote an Inclusive Society funded by Ministry of Health, Labour and Welfare's subsidy for elderly health promotion project, etc. in FY2024.

Connecting the baton for people with dementia at home and abroad

The 'Relay of Hope' International Forum 2025

～Promoting an inclusive society by valuing the voice, power and connection of people with dementia～

14 February 2025.

Tokyo Center for Dementia Care Research and Practice