**Peer to Peer Notes on Smell**

When? That's a hard question as it was a gradual thing. I think I realised due to other people’s comments. According to them I had developed a heightened sense of smell. This happened before my diagnosis. Apparently I smelt awful smells that other people did not experience. Then as time went on and after my Alzheimer’s diagnosis the changed sense of smell has got worse.

Here are some examples of what happens to me.

* I frequently say ‘Let's get out of here. The cleaners have used a dirty mop. This shop smells awful.’
* I will be in my house thinking a cat had peed or was trapped in my house, because I can smell that.
* One time I was visiting a beautiful clean home. it sparkled yet I kept smelling a awful foul drain smell. I kept sniffing and thinking ‘the drains are off’. Now do I say or not? Would it hurt her feelings?
* I think food smells off and throw it away.

Having these bad smells around me can put me off eating and drinking.

I don't trust what is real or what is a phantom smell. Only my daughter understands the great distress these issues cause me.

**About these notes**

These quotes are from people living with dementia.

Agnes Houston is working with Outside the Box to bring together the experiences of people loving with dementia when their sense of taste and/or small changes.

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