**Peer to Peer Notes on Taste**

Food is a Social occasion. I usually meet with my Gym Buddies on a Friday for coffee and chat. Over the past two years I’ve been feeling isolated as I don't enjoy the taste of coffee or tea any more.

So when asked ‘What do you want to drink?’ I never know what to say. ‘Do you want cake?’ I’m not sure.

They're all animated. I've lost that wonderful ability. It is a chore now, to be endured!

Thinking from the dementia & sensory challenge booklet I use the 4 A's: Awareness, Acceptance, Adaption, Avoidance.

* I became aware of my issues
* I changed my mindset
* I explained my challenges to my gym buddies and people close to me
* I try different things. I’ve discovered Herbal Teas and hot blackcurrant. My favourite is Lemon & Ginger herbal tea.

I fake it to be included. It's not easy but I do it.

It's really hard to describe what it's like. This is because it fluctuates and changes day to day. If I have difficulty, how much harder is it for family friends and professionals?

I have gone off my comfort foods. You know the ones, the old favourites that you always like.

Some professionals say my sense of taste changing is the ageing process.  But my doctor says no, these symptoms are not physical (such as problems with your taste buds). It's your Dementia affecting your brain's ability to differentiate tastes. It's a neurological thing, not a physical thing.

**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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