



 **Moira Gilfeather**  
Carer

## Moira Gilfeather – Carer for her husband who lives with Vascular Dementia and engaged with ADAM through mPower.

“I’m a carer for my husband who has vascular dementia. Kieron (Community Navigator) came to visit and offered lots of digital things, I thought the two best things for my husband would be the cat (a toy) and the clock.

The cat is obviously extremely helpful from the point of view of keeping my husband’s attention and giving him an interest and pleasure...he loves cats and we used to have three cats...he was completely fascinated with it right from the word go, so it’s been a huge boost to him I think. Definitely, he sits and talks to it, you know. It’s amazing, it’s not like a toy, it’s just like a normal cat. It behaves in the normal way. She sits quietly for a long time, and then suddenly she will meow or start to purr or, you know, want some attention. I think for somebody with dementia it’s a marvellous thing really. Because they lose connection with so many things. Even with people who are close to them. But to see him respond to a cat, a toy cat like that is just amazing.

And things like the clock, it’s simple. He can see it and he can understand it, so makes a big difference. It’s very helpful. Well, as a carer the most important thing is his physical comfort obviously.

**“We’re certainly very, very grateful for it (the cat) because it’s not something I would have thought about really.”**

You need to try and keep the brain, what’s left of the brain which is functioning stimulated, so these sort of things do stimulate extremely well, you know, without being too technical to use. Music is very good for them, so we have an Alexa and we have music on and he likes all kinds of music so, that’s a good thing.

Alzheimer’s Scotland put me in touch with Kieron from the mPower project who then came and visited us and showed us these tools to stimulate the brain in somebody with dementia.

The cat has had terrific impact on the family as well. Everybody loves her.”