There's no bus map for dementia

A story about living well and getting by with a little help
There’s No Bus Map for Dementia was created through a collaborative, patient-led approach. Artists and people living with dementia worked together in a series of arts workshops to find ways to represent and share the experience of living well with dementia. There is an accompanying guide to using There’s No Bus Map for Dementia for health and social care practitioners. The project was funded by Arts Council England.

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WHO'S WHO

JACK SKINNER

Meet Jack! He's a retired engineer who likes gardening and watching rugby. He developed vascular dementia after having a stroke six years ago.

Jack and his wife, Pauline, have two sons (who live in London and Australia) and a cat named Hobnobs.

MARY COLLINS

This is Mary! She enjoys going out with friends, knitting, and listening to true crime podcasts. She is a retired estate agent, and she was diagnosed with Alzheimer's disease three years ago.

Mary is divorced and has a daughter, Hannah, who lives in Gloucester.

Jack and Mary became friends through an online dementia support forum. They realized that they live quite near each other, and now they meet up in person from time to time.
MARY KEEPS BUSY

HI MUM! JUST CALLING TO SAY HELLO. WHAT’RE YOU UP TO TODAY?

AH, HELLO, HANNAH! LET ME CHECK MY DIARY ...

THIS MORNING I HAD COFFEE WITH ANNIE AND PRIYA ...

WOW, A LOT GOING ON! THAT’S NOT TOO MUCH?

OH, NO! SOMETHING I READ ONLINE - WHEN IT COMES TO DEMENTIA, THE KEY TO COPING IS KEEPING BUSY.

... THEN A CHECKUP AT THE MEMORY CLINIC, THEN LUNCH IN TOWN, AND THEN THIS AFTERNOON I’M MEETING JACK FOR ART CLASS.

AND MY KEY TO KEEPING BUSY IS COLOUR-CODING!
JACK STAYS FOCUSED

JACK, LOVE! IT'S NEARLY TIME FOR YOUR DRAWING CLASS.

Ah, thanks, petal!

Hmm, I should change first.

AND FRESH SOCKS ... AND WHERE'S MY NEW JUMPER, PAULINE?

IN THE WASH.

AND FRESH SOCKS ...

AND WHERE'S MY NEW JUMPER, PAULINE?

IN THE WASH.

AND FRESH SOCKS ...

AND WHERE'S MY NEW JUMPER, PAULINE?

IN THE WASH.

REMEMBER WHEN I USED TO GET DRESSED FOR WORK IN THE MORNING? I'D DO ALL THESE OTHER THINGS AT THE SAME TIME - EAT BREKKIE, READ THE NEWSPAPER.

I didn't need to concentrate so hard. I could multitask.

BETTER TO "MONOTASK" THESE DAYS ... LESS LIKELY TO FORGET MY TROUSERS.

OH, I DON'T KNOW ... SOME OF US LIKE YOU IN JUST YOUR PANTS!
Mary overcomes her worries.

It’s great that you’re getting out and about, Mum.

You used to just stay in the house all the time. I was worried about you.

I was worried, too - about going outside!

I kept thinking I would forget something or make a huge mistake, out in public.

I won’t lie - I still worry, but I don’t want to let it keep me shut up in the house.

And all the tips and tricks I’ve picked up, and everyone I’ve got supporting me - they all help me feel more confident.

Plus you’ve got the reminder I made you!

That helps too.
Jack catches the bus

I'm going to Trinity Street, please.

I'm still not keen on having to give up my driving licence, but at least the bus pass is cheaper than petrol. And it is nice not to fight the traffic myself.

And now, to admire our beautiful city sights.

That bloke's picking his nose!

Ooh, new kebab shop.

The dog poo in front of the bookshop is still there?
HMM, I MIGHT WANT TO HAVE TEA WITH JACK LATER ... BETTER TOP UP ON CASH.

MY PIN IS ...

... IS ...

... OH NO, NOT AGAIN.

BOO!
HURRY UP, SLOWCOACH!
STOP WASTING OUR TIME!

CAN I HELP? IS EVERYTHING OK?

ER, NO, BUT IT'S NOT SOMETHING YOU CAN FIX!
Mary's bank account

Hang on, I know you. It's good to see you again, ... er ...

It's Samir! And I'm glad to see you too, Mrs. Collins. How are you?

Fine, thanks. I'm just having a forgetful moment trying to take out some cash.

I can help you at the counter, if you like?

Thanks, Samir.

Oh! I'm taking money out of the account you helped me set up.

Yes, I'm interested in the ... what's it called, sweetheart?

The gold classic savings account, Mum.
Ah, yes. Better interest rate, lower fees - that’s a good choice.

Now, your mum will need to keep a minimum balance.

She’ll also need to choose an interest payment scheme. And she’s -

And she’s right here! And it’s her account!

I certainly haven’t forgotten that lesson in customer service!
Jack has some help

Oi, mate! Didn’t you want Trinity Street? We’re coming up to it.

Oh! Yes, thanks.

Even the bus driver has to look after me ... Why do I even leave the house ...

But at home, Pauline has to look after me too ...

It always used to be me helping other people ...

Bzzzt!

Mary C

Hi Jack! Are you on your way?

We’re doing colouring today - we need your artist’s eye for this

OK, there’s one way that I’m still helping others. Call me the king of coloured pencils!
JACK AND THE BUS MAP

TRINITY STREET.

FINALLY.

SORRY ABOUT THE DETOUR. IT'S THE ROADWORKS. THEY'RE GOING ON FOR MONTHS.

THE CITY SHOULD PUT THAT DETOUR ON THE BUS MAP SO THAT PEOPLE KNOW.

WHEN YOU'VE GOT THE MAP, EVERYTHING IS CLEAR.

YOU KNOW EXACTLY WHERE YOU'RE GOING AND WHAT THE STOPS WILL BE ALONG THE WAY.

AND YOU HAVE AN IDEA OF HOW LONG IT WILL TAKE.
I thought that dementia would be like that too, but it’s not.

Yes, of course I have the “memory problems” and “trouble concentrating.”

But why not these other symptoms - unsteadiness? Bladder problems?

Should I expect them? When?

There’s no “bus map” for dementia. Everyone progresses in their own way, at their own pace.

Mary C
Are you almost here? We’re starting 😐😐😐

Uh-oh - I’d better progress to art class a little faster!
GETTING THERE

SORRY I'M LATE, MARY!

I GOT THE BUS ON TIME, BUT THERE WAS TRAFFIC AND A DETOUR FOR ROADWORKS AND -

HUFF HUFF

IT'S OK, JACK! YOU MADE IT HERE IN THE END.

... AND WHEN YOU THINK ABOUT IT, ISN'T THAT LIKE ALL OF LIFE WITH DEMENTIA?

SOMETIMES THINGS TAKE A BIT LONGER ...

... AND SOMETIMES IT'S FRUSTRATING ...

... BUT EVENTUALLY, AND MAYBE WITH A BIT OF HELP, YOU GET THERE.
THANK YOU FOR READING!

Do you have thoughts or feedback?
Please take our survey and let us know:
https://www.surveymonkey.co.uk/r/W5ZXYWT