



Payton

Payton has been a volunteer with the Alzheimer Society of Niagara Region since September of 2023. Payton has been volunteering to help individuals living with dementia create a lasting Life Story book for them, preserving their memories and personal histories. Volunteering in our Recollections program, she provides those in the early to middle stages of Alzheimer's or other dementias the opportunity to share their stories with family and friends. By capturing these valuable memories, she assists participants compile a book preserving their heritage and allowing loved ones to cherish and connect with their past. Payton plays a crucial role in guiding the process, ensuring that everyone's story is thoughtfully recorded and celebrated.

Perspective is important to Payton. She felt that without talking and engaging with people living with dementia, you cannot understand it. She took time to speak with all clients, asking them what matters most and what advice they would give to the younger generations. Things that stuck with clients are meaningful and important accomplishments such as buying a car or meeting their partner. It's not material, but rather the things that provide a sense of fulfillment.

Payton recognizes that care partners appreciate time and enjoy having someone to talk to who understands their experience. Recognizing the progression and change in daily tasks has been a significant realization for Payton as she continues to learn and develop as a volunteer. She enjoys offering a sense of relief for care partners, resting them assured that someone is willing to help. Care partners can come in and take a breath, knowing that someone else is advocating for the people that they love. She is proud and glad to make meaningful and impactful contributions.