

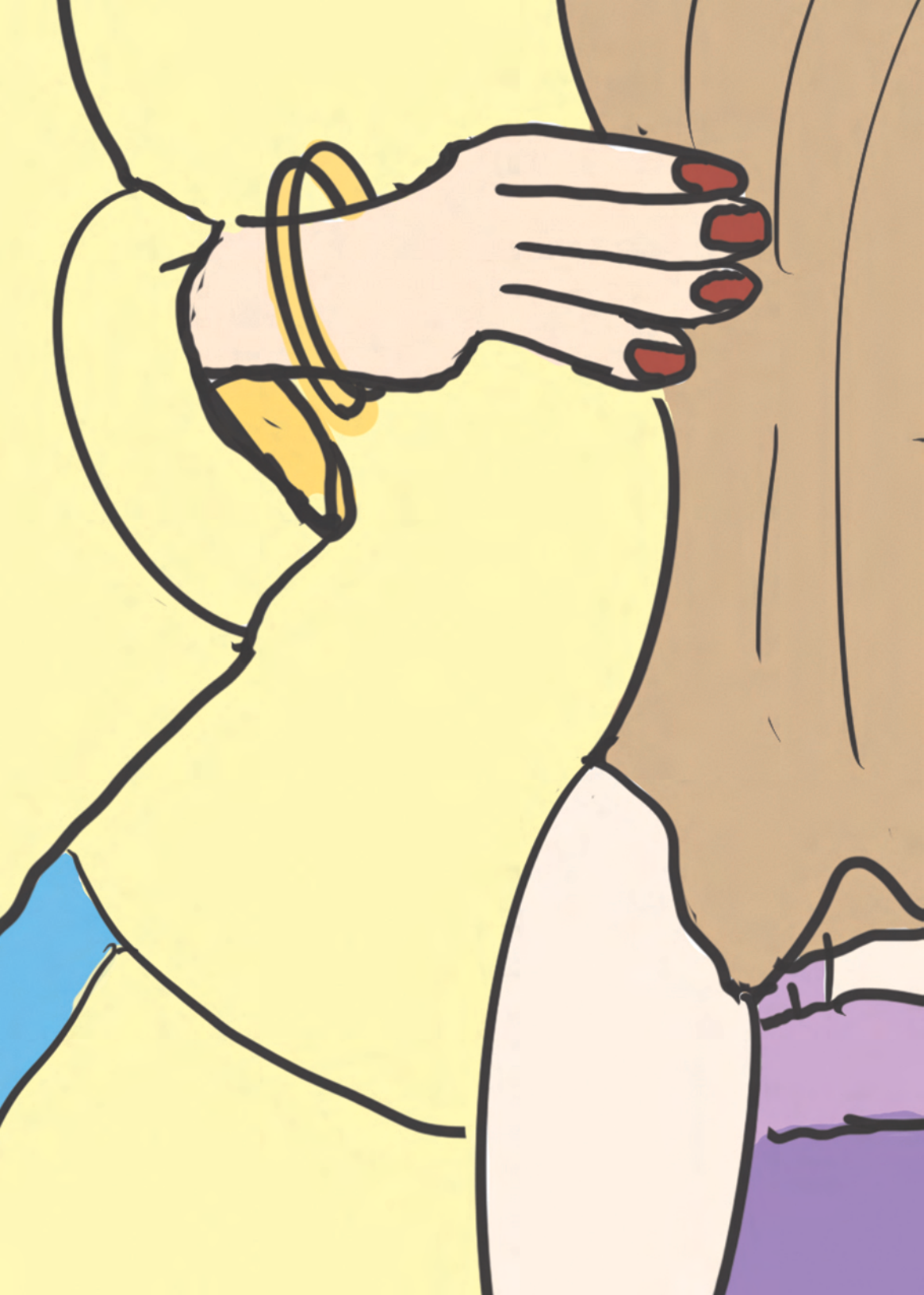
PARABLES OF CARE PRESENTS:

# I KNOW HOW THIS ENDS



**I KNOW HOW THIS ENDS: STORIES OF DEMENTIA CARE.**

ART BY DR PETER WILKINS AND MELISSA MARTINS. STORY ADAPTED BY DR PETER WILKINS.  
BOOK DESIGN BY DR SIMON GRENNAN. EDITED BY DR ERNESTO PRIEGO. 2020.



## FOREWORD

I KNOW HOW THIS ENDS IS THE SECOND VOLUME IN A SERIES THAT STARTED WITH **PARABLES OF CARE: CREATIVE RESPONSES TO DEMENTIA CARE** (2017). THE PROJECT EXPLORES THE POTENTIAL OF COMICS TO ENHANCE THE IMPACT OF DEMENTIA CARE RESEARCH. THE COMICS RESULTING FROM THE PROJECT ARE AVAILABLE IN PRINTED AND DIGITAL FORM AT NO COST, AS OPEN ACCESS RESOURCES.<sup>1</sup>

DEMENTIA IS A SYNDROME IN WHICH THERE IS DETERIORATION OF THE ABILITY TO PROCESS THOUGHT AND THEREFORE TO PERFORM EVERYDAY ACTIVITIES. IT AFFECTS MEMORY, THINKING, ORIENTATION, COMPREHENSION, CALCULATION, LEARNING CAPACITY, LANGUAGE, AND JUDGEMENT. IT MAINLY AFFECTS OLDER PEOPLE, BUT IT IS NOT A NORMAL PART OF AGEING. ACCORDING TO THE LATEST FIGURES FROM THE WORLD HEALTH ORGANIZATION, AROUND 50 MILLION PEOPLE HAVE DEMENTIA WORLDWIDE, WITH NEARLY 10 MILLION NEW CASES OCCURRING EACH YEAR. BETWEEN 5-8% OF PEOPLE AGED 60 AND OVER HAVE DEMENTIA AT ANY GIVEN TIME. BY 2030, 82 MILLION PEOPLE ARE ANTICIPATED TO HAVE DEMENTIA AND 152 MILLION BY 2050.<sup>2</sup>

**I KNOW HOW THIS ENDS** IS A COMIC BOOK THAT PRESENTS, IN SYNTHESISED FORM, STORIES CRAFTED FROM NARRATIVE DATA COLLECTED VIA INTERVIEWS WITH PROFESSIONAL CAREGIVERS, EDUCATORS, AND STAFF AT DOUGLAS COLLEGE IN VANCOUVER, CANADA, WHO HAVE CARED FOR RELATIVES AND PEOPLE WITH DEMENTIA IN HOSPITAL. THE COMIC IS STRUCTURED LIKE A CLASSICAL GREEK TRAGEDY – WITH A PROLOGUE, THREE EPISODES, AND AN EPILOGUE – BECAUSE THE STORIES WE WORKED WITH HAD THE ELEMENTS OF TRAGEDY: INEVITABILITY, STRATAGEMS TO AVOID FATE THAT MERELY BRING IT ON, AND CATHARSIS OF NEGATIVE EMOTIONS. THE INTENTION OF THE BOOK IS TO SHOW THE IMPORTANCE OF FEELING IN CARE-GIVING, THE PROFESSIONAL ASPECTS OF WHICH ARE SOMETIMES AT ODDS WITH THE FAMILY SYSTEMS ASPECT OF DEMENTIA.

<sup>1</sup> Both comics can be found and downloaded via:  
City Res City Research Online, City, University of London:  
<http://openaccess.city.ac.uk>  
ChesterRep, University of Chester: <http://chesterrep.openrepository.com>  
DOOR, Douglas College: <http://dc.arcabc.ca>  
CORE, Humanities Commons: <https://hcommons.org>  
To request print comics, please visit: <https://blogs.city.ac.uk/parablesofcare>

<sup>2</sup> World Health Organization, Dementia Key Facts  
<https://www.who.int/news-room/fact-sheets/detail/dementia> [accessed 6 February 2020].

**BOTH PARABLES OF CARE AND I KNOW HOW THIS ENDS ARE ATTEMPTS TO THINK ABOUT THE CONCEPT OF GRAPHIC MEDICINE AS DEVELOPED BY IAN WILLIAMS, MK CZERWIEC AND OTHERS.<sup>3</sup>**

**I KNOW HOW THIS ENDS CONTEMPLATES THE INTERSECTION OF THE REPRESENTATION OF MEDICAL PHENOMENA IN COMICS, WITH VARIOUS COMICS FORMS AND LITERARY GENRES, IN AN EFFORT TO FIND A FIT FOR STORIES ABOUT DEMENTIA. THIS WORK IS PRELIMINARY, AND WE ANTICIPATE FURTHER EXPERIMENTS AND COMMENTARY THAT FLESH OUT HOW COMICS CAN BEST DEPICT STORIES ABOUT DEMENTIA AND DEMENTIA CARE.**

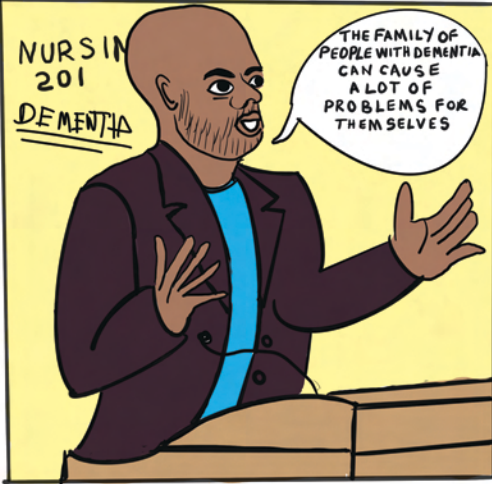
**IF YOU WOULD LIKE TO SHARE YOUR FEEDBACK ON THIS COMIC, WOULD LIKE TO ORDER SOME MORE FREE COPIES OR WOULD LIKE TO FIND OUT MORE ABOUT THE PROJECT PLEASE VISIT**

**[HTTPS://BLOGS.CITY.AC.UK PARABLESOFCARE](https://blogs.city.ac.uk/parablesofcare) WHERE YOU CAN GET IN TOUCH WITH US AND ACCESS MORE RESOURCES.**

**WE WILL BE VERY HAPPY TO HEAR FROM YOU.**

**3 <https://www.graphicmedicine.org/why-graphic-medicine>**

# PROLOGUE



# EPISODE #1

THEY LOVED HER AT THE DINER



THEY DIDN'T SEE HER SHIFT OUT OF REALITY



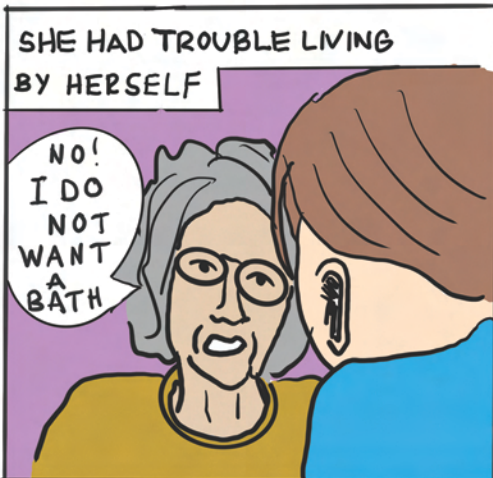
LIKE I DID



OR GET ANGRY



SHE HAD TROUBLE LIVING BY HERSELF



SHE STOPPED WASHING HERSELF AND HER CLOTHES



I GOT FRUSTRATED BECAUSE I'D SEEN IT



I KNOW HOW THIS ENDS



WHEN FAMILY VISITED FOR HOLIDAYS, THEY ASKED LOTS OF QUESTIONS



BUT THEY DIDN'T HELP



THEY WERE IN DENIAL



THEY STILL SAW HER AS SHE WAS



# EPISODE #2

TO GET HER INTO A HOME, I HAD TO



WHEN I WAS GROWING UP, SHE TOLD ME LYING WAS THE WORST THING



BUT THIS IS BEST FOR EVERYONE



THE MORE EXPERIENCED CARE AIDES ARE RUTHLESSLY EFFICIENT



THE NEWER ONES ARE INDULGENT, EMPATHETIC AND IMAGINATIVE



I NEVER HAD SUCH PATIENCE. I WANTED HER OUT OF IT

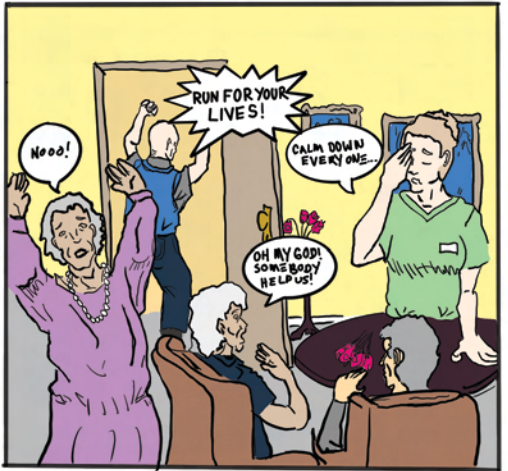




THE CARE AIDES MADE IT ALMOST FUN



...EVERY SO OFTEN THEY THINK THEY ARE ON A CRUISE SHIP



I'M NOT SURE HOW THEY STAY WELL



I'M VERY GRATEFUL TO THEM

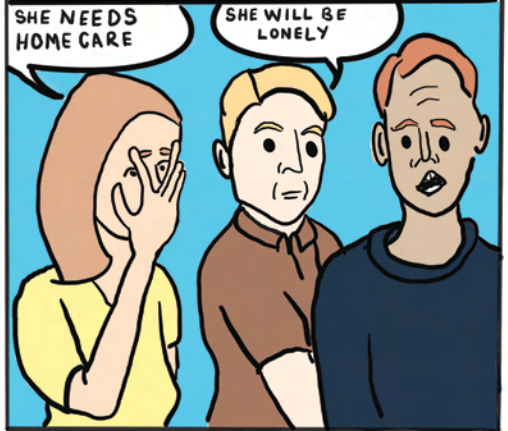


EPISODE #3

I FELT GUILTY PUTTING HER IN THE HOME



THE BROTHERS AND SISTERS DIDN'T LIKE IT



BUT IT MADE LIFE EASIER



EXCEPT ON VISITING DAY



SOMETIMES SHE DIDN'T



SOMETIMES I COULDN'T TELL



THEN ONE DAY IT WAS OVER



IT'S CHANGED THE WAY I TEACH



AND THE WAY I PRACTICE



THE STUDENTS NEED TO KNOW



WHAT THE DEMENTIA LABYRINTH IS LIKE



# EPILOGUE

A FAMILY MEMBER WITH DEMENTIA  
TESTS OUR OWN RATIONALITY.  
WE QUESTION OURSELVES.

ARE WE  
PERCEIVING  
REALITY  
CORRECTLY?

IT ALSO  
CHALLENGES  
OUR ETHICS.

TO KEEP THE  
FAMILY MEMBER  
SAFE WE  
DECEIVE AND  
RESTRAIN  
A FIGURE OF  
AUTHORITY IN  
OUR LIVES.

IT DOESN'T  
FEEL GOOD.

THE SITUATION  
IS CONFLICTED.



AN EXAMPLE. IN THE  
HOSPITAL WE  
DEvised A MAZE SO  
PATIENTS COULD  
WANDER...  
BUT NEVER GET  
LOST. THEY  
WOULD ALWAYS  
RETURN "HOME."

ON THE ONE  
HAND... GREAT.  
ON THE OTHER, IT'S  
STILL A CAGE.

AND NO ARIADNE  
TO GET THEM OUT.

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EDITED BY DR ERNESTO PRIEGO**

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**I KNOW HOW THIS ENDS** WAS MADE POSSIBLE BY A RESEARCH INCENTIVE GRANT FROM DOUGLAS COLLEGE AND IS PART OF THE **PARABLES OF CARE** PROJECT, DEVELOPED BY FACULTY FROM THE CENTRE FOR HUMAN-COMPUTER INTERACTION DESIGN, CITY, UNIVERSITY OF LONDON, DOUGLAS COLLEGE AND THE UNIVERSITY OF CHESTER. **PARABLES OF CARE** PROJECT LEAD: DR ERNESTO PRIEGO.

**PUBLISHED IN LONDON, UNITED KINGDOM. FEBRUARY 2020.**

**ISBN: 978-1-9163600-0-6**

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