



Bio: Mary Beth Wighton
Advocate
Chair of Ontario Dementia Advisory Group (ODAG)

Mary Beth Wighton was diagnosed in 2012 with probable frontotemporal dementia at the age of 45. She is an advocate for people living with dementia from local to the international level. She is considered a pioneer in promoting the rights of people with dementia, her work crosses many sectors including membership in the Canadian Dementia Working Group - a Task Force consortium of non-governmental disability organizations in Canada; appearing as a Witness for the Canadian Senate for its study on the issue of dementia in Canada; the Ontario Dementia Strategy Advisory group; ONDRI Patient Community Advisory Committee; Dementia Capacity Planning Clinical Advisory Committee, and others important groups.

Mary Beth is a founding member of the Ontario Dementia Advisory Group (ODAG) and is its current Chair. ODAG is an exclusive group for people with dementia living in Ontario. Its focus is government policy, education and challenging stigma to ensure that people living with dementia, are included in every decision that affects their lives. ODAG believes life does not end when you receive the diagnosis and that each person living with dementia is still a whole person with much to contribute.