

LIVING WITH MEMORY LOSS SERIES

A MESSAGE TO FAMILY AND FRIENDS
(Created by people with memory loss
for people with memory loss)

- ❖ Please don't correct me. I know better –the information just isn't available to me at that moment.

- ❖ Remember, my feelings are intact and get hurt easily.

- ❖ I usually know when the wrong word comes out and I'm as surprised as you are.

- ❖ I need people to speak a little slower on the telephone.

- ❖ Try to ignore off-hand remarks that I wouldn't have made in the past. If you focus on it, it won't prevent it from happening again. It just makes me feel worse.

- ❖ I may say something that is real to me but may not be factual. I am not lying, even if the information is not correct. Don't argue; it won't solve anything.

- ❖ If I put my clothes on the chair or the floor, it may be because I can't find them in the closet.

- ❖ If you can anticipate that I am getting into difficulty, please don't draw attention to it, but try to carefully help me through it so nobody else will be aware of the problem.

- ❖ At a large gathering, please keep an eye on me because I can get lost easily: But please don't shadow my every move. Use gentle respect to guide me.

- ❖ Sometimes you give me the message that you think I am faking these problems. What you don't see is my terrible confusion and my hurt knowing how you feel.

- ❖ I don't mean to frustrate you. I know you get impatient and tired of telling me things, three times in a row. Please be patient.

- ❖ Ask me what I think or want. Don't assume that you know.

- ❖ Believe I still love you, even if I am having trouble showing it.

*Produced by the Early Stage Support Groups in the North/Central Okanogan Region
Of the Alzheimer Society of B.C., created by people with dementia for people with dementia*