

I have dementia

Try walking in my shoes

I find it difficult to perform familiar tasks

- Give me one instruction at a time and avoid rushing me.
- Break the task down into smaller steps.
- If I'm having difficulty, try not to do it for me.
- Focus on the things I can do.

My memory isn't as good as it used to be

- Avoid asking questions that rely on memory, especially recent events.
- Yes/no questions are easier for me.

My capabilities can fluctuate

- I rely on the environment for cues, so I may need support in unfamiliar surroundings.
- I use your body language and tone to help me understand.

I don't always recognise things

- I may need to be reminded where things are and what they are for.
- Try using memory aids, such as notes or calendars, to jog my memory.

I may experience mood and behaviour changes

- I may get anxious or angry for reasons that are not clear to you.
- I may get frustrated or depressed.
- I may hallucinate or have delusions.
- I may act in ways that are not usual for me.

I may need reassurance

- My questions can be repetitive, but ignoring them will only increase my anxiety.
- Try not to get frustrated with me, I still have feelings even if I don't understand.
- Try not to talk about me as if I'm not there.

I still want to be included

- Include me in conversations and involve me in decisions.
- Give me time to respond and try giving me the information in different ways.
- Avoid judging my ability to make choices or express myself - don't assume I can't participate.

Only I know what I can and cannot understand.

The changes I am experiencing affect us both. Let's work together.