



If I Get Dementia...
A Service for Older Adults and Their Care-givers
from the Older Adult Team of the
Kentucky Conference.

If I Get Dementia....

By Rachael Wonderlin

If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive or if I think we're visiting my parents for dinner, let me believe those things. I will be much happier for it.

If I get dementia, I don't want to be treated like a child.
Talk to me like the adult that I am.

If I get dementia, I still want to enjoy the things that I've always enjoyed.
Help me find a way to exercise, read and visit with friends.

If I get dementia, ask me to tell you a story from my past.

If I get dementia, and I become agitated, take the time to figure out what is bothering me.

If I get dementia, treat me the way that you would want to be treated.

If I get dementia, make sure that there are plenty of snacks for me in the house.
Even now, if I don't eat I get angry, and if I have dementia,
I may have trouble explaining what I need.

If I get dementia, don't talk about me as if I'm not in the room.

If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week.
It's not your fault, and you've done your best.
Find someone who can help you or choose a great new place for me to live.

If I get dementia, and I live in a dementia care community, please visit me often.

If I get dementia, don't act frustrated if I mix up names, events or places.
Take a deep breath. It's not my fault.

If I get dementia, make sure I always have my favorite music playing within earshot.

If I get dementia, and I like to pick up items, and carry them around,
help me return those items to their original places.

If I get dementia, don't exclude me from parties and family gatherings.

If I get dementia, know that I still like receiving hugs or handshakes.

If I get dementia, remember that I am still the person you know and love.