



## IF I GET DEMENTIA

***"If I get dementia,*** I'd like my family to hang this wish list up on the wall where I live. I want them to remember these things.

***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'll be much happier for it.

***If I get dementia,*** don't argue with me about what is true for me versus what is true for you.

***If I get dementia,*** and I am not sure who you are, do not take it personally. My timeline is confusing to me.

***If I get dementia,*** and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.

***If I get dementia,*** and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

***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."

Posted on Facebook by Doreen Coulson Putnam