Twitter Thread by Akif Basri



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IF I GET DEMENTIA...

1. 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.

2. If I get dementia, I don't want to be treated like a child.

Talk to me like the adult that I am.

3. 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.

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

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

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

7. 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.

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

I still have feelings though I may not even remember what you said after a few minutes of listening to it.

9. 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.

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

11. 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.

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

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

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

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

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

Reference:
https://t.co/Cy61gjDf6d