

# **I am Living with Dementia**

I deserve dignity and respect.

I need patience and understanding. It takes longer for me to process information and to attempt and/or complete a task.

I want to be as independent for as long as possible.

I need engagement and connection.

I need you to enter my reality.

I have difficulty locating and expressing pain.

I only understand 3 out of every 4 words you say and that is on a good day.

I have difficulty finding my words.

I have difficulty controlling my impulses.

I do not have my social filters for what I should and should not say. Things that have been familiar to me are often odd and scary to me.

I have difficulty with my working memory.

I search out what still makes sense to me.

While I may love you, I may not be able to identify you. While someone living with dementia may not be able to express their connection with us, the connection remains as we recognize and relate to their spirit.

I respond to your energy, body language, and tone of voice.

I communicate my needs and what I am experiencing through my actions more than my words. My behavior is really expressive communication and provides important information about my well-being.

I do not want to have dementia.

When my brain makes mistakes, I will make mistakes

I am ALWAYS doing the best I can.