

To people important to me

- ◆ You are a friend to whom I would like to acknowledge my diagnosis of dementia. If you can know and understand this diagnosis, this will encourage and support me and my family. It will also improve community acceptance and understanding of dementia.
- ◆ While it may appear that I have no disability, memory loss does affect me in my daily activities.
- ◆ Dementia affects my thought processing ability. It is an illness of which I have no control
- ◆ I need lots of encouragement
- ◆ Keep a sense of humour—laugh with me
- ◆ It is not the end of the road in life's journey for me—it means the road has narrowed. Please continue to journey with me

I need you to . . .

- ◆ Continue to include me in conversations and activities—even if I appear reluctant
- ◆ Give me time to understand what you are saying and respond
- ◆ Use simple sentences and one step commands
- ◆ Focus on the things I am still able to achieve and enjoy
- ◆ At times, take the initiative and then I will be able to join in
- ◆ Write important details down for me using established support systems e.g. diaries, calendars
- ◆ Accept that repetition is a part of the illness
- ◆ Speak to me directly—not through another person
- ◆ Treat me with the same respect and dignity as other people for I still have adult thoughts and feelings
- ◆ Remember I am still me—the essence of who I am is still the same

It is helpful to understand that . . .

- ◆ I may have difficulty with co-ordination or negotiating my environment
- ◆ Recent memories or instructions may be the most difficult to recall
- ◆ New ideas can be difficult for me to learn
- ◆ Routine is important for me in managing my days
- ◆ Big group gatherings make me feel more vulnerable
- ◆ Role changes may be necessary and may have already occurred
- ◆ When I forget, it is the nature of memory loss, it's not my fault
- ◆ Dementia New Zealand and its Member Organisations have information sheets, books, videos and other information available which will help you learn more about the condition
- ◆ If you would like to know more, Dementia Canterbury runs education courses and support groups for family and friends of people with dementia. These are all free of charge.
- ◆ I invite you to contact Dementia Canterbury—0800 444 776
www.dementiacanterbury.org.nz



**Noho ora pai ana I te koroheke.
Living well with Dementia**

Services:

- Social Work
- Living Well with Dementia
- Brain Ignition Series
- Memory Groups
- Carer Support Groups
- Making a Difference Courses
- Post Placement Group Series
- Activity Programmes
- Community Cafés
- Tailored Education Sessions
- Social Programme
- Volunteer Programme
- Library & Resource Material
- Newsletters
- Total Mobility Scheme
- Identification bracelets/tags
- WanderSearch Canterbury system

If you would like to know more about the services we offer or wish to become a member of Dementia Canterbury

Please contact
Dementia Canterbury
Phone 03 379 2590
or
0800 444 776

Email:
admin@dementiacanterbury.org.nz

To People Important to Me

For family, friends and supporters
of those with dementia

3/49 Sir William Pickering Drive, Burnside.
Christchurch
PO Box 20567, Bishopdale, Christchurch 8543
Phone: 03 379 2590
0800 444 776
Email: admin@dementiacanterbury.org.nz
www.dementiacanterbury.org.nz