

TO

PEOPLE

IMPORTANT

TO

ME.

(This space can be used to write the name and address.)

Prepared by & used with permission of
Memory Group,
ADARDS,
Tauranga, N.Z.

Dear

You are a friend to whom I would like to
acknowledge my memory loss.

If you know and understand, this will
encourage and support me and my family. It
will also improve community acceptance
and understanding of memory loss.

While it may appear that I have no
disability, memory loss does affect me in
my daily activities.

It is an illness over which I have no control
and which I did not precipitate by any action
or omission on my or anyone else's part.

Over the page are guidelines to help us all.

P.T.O.

Memory loss affects my thought processing ability

I need you to ~

- ⊗ continue to include me in conversations and activities
- ⊗ give me time to remember and respond
- ⊗ 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 eg. 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

It will be helpful to you if you understand that ~

- ⊗ recent memories or instructions are the most difficult to recall
- ⊗ new ideas are difficult to learn
- ⊗ routine is important for me in managing my days
- ⊗ big group settings 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
- ⊗ the ADARDS office has books and videos which will help you learn more about the condition

I need lots of encouragement.

Keep a sense of humour, 😊 laugh with me.

As you will be well aware, I also have impaired hearing — loud discordant sounds full of audio distortion such as shouting, large gatherings, white noise such as wind and vehicle noise are particularly bothersome. You can help our communication by facing me and drawing my attention to the subject matter as you begin speaking.

For my part I will endeavour to make your interaction with me a pleasant and meaningful experience in response to your efforts.

It is not the end of the road in life's journey for me - it means the road has narrowed, both figuratively and literally — I have given up driving and probably will have to curtail activities involving risk and hazards in the future. Please continue to journey with me.

Thank you for taking time to read this letter.

Regards from,