

Dear _____

You are a friend with whom I would like to acknowledge my dementia diagnosis.

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

While it may appear that I have no disability, dementia does affect me in some of my daily activities.

Over the page are guidelines to help us all navigate this next chapter in my life.

Regards,

About Dementia Wellington

Dementia Wellington is the only charity in the region providing services for people with dementia and their families.

We offer tailored advice and information, education, and supporter groups. Our Living Well Programme enables people with dementia access to fun activities and therapies for both social interaction and cognitive stimulation.

As a local charity, every dollar raised for Dementia Wellington stays in the region and goes directly towards helping local families affected by dementia to live well and remain active and engaged in our community.

Contact Dementia Wellington

(04) 972 2595

admin@dementiawellington.org.nz

www.dementiawellington.org.nz

 [/dementiawellington](https://www.facebook.com/dementiawellington)

You can support Dementia Wellington by donating online

www.dementiawellington.org.nz/donate



*A letter to my
family and
friends*

To people important to me

If you can know and understand how Dementia affects me, you can encourage and support me and my family.

You can also improve community acceptance and understanding of dementia.

You can support me by...

- Asking me what I need
- Continuing to include me in conversations and activities
- Focusing on the things I am still able to achieve and enjoy
- At times, taking the initiative and then I will be able to join in
- Writing important details down for me using my established support systems like diaries and calendars
- Giving me time to remember and respond
- Trying not to become frustrated and impatient with me
- Accepting that repetition is part of the illness
- Speaking to me directly – not through another person
- Treating me with the same respect and dignity as other people, as I still have adult thoughts and feelings

It may be helpful for you to 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 gatherings can make me feel more vulnerable
- Noisy, busy places can be overwhelming for me
- Role changes, including with our friendship, may be necessary and may already have occurred

Huge thanks to the participants of the July 2018 Hutt Valley Cognitive Stimulation Therapy course for their assistance in developing this letter