

## **10 REQUESTS FROM A DEMENTIA JOURNEYER**

- 1. Please be patient with me** – Remember that I have an organic brain disease for which I have no control
- 2. Talk to me** - Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words
- 3. Be kind to me** – for each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day
- 4. Consider my feelings** – For they are still very much alive within me
- 5. Treat me with dignity and respect** – As I would have gladly treated you
- 6. Remember my past** – For I was once a healthy, vibrant person in full of life, love and laughter with abilities and intelligence
- 7. Remember my present** – I am a fearful person who misses my family and home very much
- 8. Remember my future** – Though it may seem bleak to you, I am always filled with hope for tomorrow
- 9. Pray for me** – For I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me
- 10. Love me** – The gifts of love you give will be a blessing from which will fill both our lives with light forever

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**Remember Smiles, Love & Laughter**