



PBO 930022142 NPO 049-191

## **Words of Advice from Individuals with Alzheimer's disease**

*Collected during an early diagnosis support group meeting.*

1. **Acknowledge my disease – don't pretend there is no problem.**
2. **Don't treat me like a child.**
3. **Learn all you can about this disease.**
4. **Take time to listen to me – take me seriously.**
5. **Give me some space and time to do things on my own.**
6. **Let me continue to do the things I still can do.**
7. **Understand that I will get upset or frustrated when I cannot do things I used to do.**
8. **Finally: "Remember Me!"**

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
[info@dementiasa.org](mailto:info@dementiasa.org) or [support@dementiasa.org](mailto:support@dementiasa.org) [www.dementiasa.org](http://www.dementiasa.org)

**National Helpline 0860 MEMORY / 0860 636 679**

## Notes:

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### Contact us:

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