

10/19/16



# I am still me.

My behaviors may change. I may begin wandering, repeating questions, have verbal and/or physical outbursts. I may resist personal care and begin hoarding. I may have sleep disorders and/or hallucinations or paranoia. Something may be bothering me. I am trying to communicate it to you in a different way now. **But I am still me.**

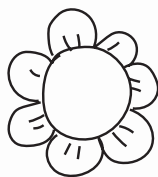
Try to stay calm and resist arguing or reasoning with me. Do not correct me but try to re-direct me. Stay calm, empathize and understand rather than raising your voice and trying to reason with me. I can hear your smile. It helps me feel safe and secure. **I am still me.**

Remember that I am unique. Activities and conversations that successfully redirect one person may not work with someone else. My truth is the truth. **I am still me.**

Keep my routines consistent. It will reduce my anxiety and help decrease your stress. **I am still me.**

Adapt my activities to what I can do now not what I used to do. Limit my choices, provide gentle guidance, break tasks down into single step directions, and remain positive physically and verbally. I may have changes, but **I will still be me.**

Please don't say "no" or "don't do that". I am not a child. Treat me as an adult. Step away for a few minutes. Maybe we both need some time. **I am still me.**



Give me choices or suggestions instead of open-ended questions. Instead of "Where would you like to go today?" Ask "Do you want to go to the park or the beach today?"

I still like most of the same things. I just may not know how to tell you. **But I am still me.**

I may still like hugs, be a part of the conversation, and attend gatherings and events. But I may forget names and places. Keep me involved. **I am still me.**

Please advocate for me when I cannot. Exercise, diet, and a positive environment can help me. Monitor and report my health changes. **I want to still be me.**

My memory is short-term. Rewarding me or offering incentives for better behavior now and in the future will no longer work. Negotiating with logic or reason will no longer work. You may become frustrated. I don't mean to frustrate you. I learn differently now. Most of the time it is beyond my control. I can be frustrating but **I am still me.**

Everyone has a life story. Please document mine. Scrapbooks, videos, hobbies, likes/dislikes, and my routines. When I can no longer tell my story, it will be helpful to my family, friends, loved ones, caregivers, and my care plan. So that **I can still be me.**

