

I have been diagnosed with Alzheimer's Dementia, which probably started in my late 50's. I have been able to hide it for some time, but now I often struggle to find the right words and often I do not know who people are and get lost easily.

Eventually I will feel as if I am alone in a foreign country where I do not know the language and cannot communicate and where others will tend to ignore or avoid me because they cannot understand me either.

Medicines can slow the deterioration and currently I am on two different types.

In a large group I tend to get confused and forget what I am meant to be doing or where I was sitting.

### It can be a Positive Journey

It appears that the spiritual being remains true to the end and does not degenerate in the same way as the brain.

So I can still show love and care. I will still be able to pray and be sure of the future.

In Heaven there will be no tears or sorrow for you or me.

### Simple Suggestions

If I don't recognise you please remind me who you are and in what context I know you and if necessary give me additional clues.

If you tell me about something important, or remind me of anything, please also email me. I can then review the information, with help if necessary, to make sense of it.

If I look lost or bewildered I probably am. Please help me if possible or direct me to a safe place or contact my husband.

Some days I can communicate more easily and can talk quite coherently. I tend to be at my best in the mornings.



I would like to explain...