

Dementia Journey with Nancy

Nancy Rowe, CDP

nancy.rowe.cdp07@gmail.com

1-860-916-1390

dementiajourneywithnancy.com

Helpful Hints

NAVIGATING the Dementia Journey can be an overwhelming, stressful experience.

I am here to help!



Make sure you bring a **bag of extra supplies** with you in case there is an accident. Having those extra change of clothes, undergarments, wipes, may come in handy. (I leave them in my car.)



Bring your patience! Going out can be overwhelming for some people. Please, please, be patient. If you need to explain where you are going 100 times, then do so. It may be stressful for you, but I assure you it is more stressful for them.



If you are going to a doctor and your loved one lives in an assisted living memory care facility, **call a day or two ahead of time** and ask them to have all paperwork ready for you. They will print what is called a "face sheet" which lists all pertinent information for you. It will also list all medications and dosages. This will be very helpful and save a lot of time at the doctor's office.



Before you leave **explain clearly where you are going and what you will be doing.** One thing at a time. "We are going to see Dr. John. He wants to check how you are doing." Do not bombard with too much information. If you are going anywhere after the doctor, wait until you finish at the doctor before you let them know. This will not overwhelm them.



It's okay to **ask for help.** If it is too stressful for you, ask for someone else to take them. Ask family, friends, or call someone like myself or an agency to take them. If you are all stressed, that will pass onto your loved one. **Give yourself grace.**