

# Purpose of this Book

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I believe we continue to develop our “personhood” until the day we die. We may not end up being the person we thought we would become, but we are still someone who matters to those who love us.

Those who love us can be family, friends, or strangers. We know them immediately because we feel their love and they feel ours. We are important to them and they are important to us. We become who we will be from the quality of the moments we spend together and they too grow through this same relationship.

I believe the diagnosis of Alzheimer’s Disease is so overwhelming and fraught with fear that many people become paralyzed in their self-development. I believe there is still growth, life, and joy after diagnosis.

I believe that, with the love and support of people who respect a person’s need to be self-sufficient, capable, and involved in life, the journey with Alzheimer’s will not defeat them.

I believe we are all in this together, and together we can do all that needs to be done.

The purpose of this book is to help us walk together on the journey we face with love in our hearts, understanding and tolerance for each other, joy in our successes, and determination to grow through the experience.

## **Affirmations for People with Alzheimer’s Disease**

1. I will remember what is important, although I may forget details.
2. I will continue to be able to do many of the things I have enjoyed in the past.
3. I will remember the people I love by heart, if not by name.
4. I will find enjoyment in life.
5. I will continue to have purpose and meaning in my life.

*We think that we’ve forgotten. We say “I can’t recall.”  
Then suddenly remember, for hearts record it all.  
It’s apt to be a small thing; a kiss, a smile, a song  
That comes back to remind us, what hearts knew all along.  
So why fill life with sorrow of agonies or regrets?  
The heart remembers right things, although the mind forgets.*

-J.M. Bacher

## Chapter 2: *Activities*

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The mental and physical benefits of activity are well-researched and documented across various disciplines. However, being asked to participate in an activity that has no meaning can result in disgruntlement or active resistance. Additionally, being asked to participate in activities in ways that are beyond our abilities can be discouraging.

In this chapter, you have the opportunity to explain what activities are meaningful to you and who you like to do them with. Fill this out with the understanding of what you are capable of at this time in your life and who is supportive of your strengths, who allows you to maintain your dignity by encouraging you to participate at your level of achievement, and who is patient and understanding of your weaknesses.

### **Affirmations Regarding Activity**

1. I will find ways to stay involved with life.
2. I will find and share interesting pursuits with new and old friends and family.
3. I will continue to be involved in meaningful and purposeful work.
4. I can do simple things that have been proven to slow this disease.
5. I am strong enough to ask for help.

# Activities I Enjoy

I want you to know about my interests so that we will have ideas about enjoyable activities that we can do together.

When I was younger and in good health I liked to:

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During my middle-aged years I liked to:

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Now, I find that doing *these* things brings me enjoyment:

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Even though I may have participated in the following activities, I never really liked doing them. Be aware that I may become anxious if asked to do them in the future:

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There are some activities that I like to do on a seasonal basis. I have listed them below:

<b>Summer:</b>
<b>Fall:</b>
<b>Winter:</b>
<b>Spring:</b>

If at all possible, I would like to keep doing the following activities with family and friends:

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Some activities comfort me and help me calm down. If I am anxious please guide me to these activities:

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Some activities really pique my interest and get me energized. If I become too sedentary and need to perk up, please try these activities:

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I know that at some point I may not be able to understand an activity that you want me to do, even though I have done it a million times before. When that happens, I would like you to help me by:

- \_\_\_ Breaking the activity down into steps.
  - \_\_\_ Giving me one direction at a time.
  - \_\_\_ Giving me extra time to process and perform each step.
  - \_\_\_ Keeping environmental noise to a minimum.
  - \_\_\_ Realizing I will have more trouble doing something if I am tired.
  - \_\_\_ Other suggestions and ideas about activities you can do with me: \_\_\_\_\_
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