

What If I'm the One Who Gets Dementia?

Helping Others Help Me

By the time we reach the age of 85, about half of us will have cognitive impairment. It's a current reality and a fear of older adults. The quality of the care we receive may depend in part on how well we prepare now.

How long will it take to get an accurate diagnosis? How will anyone be able to gauge the depth of my cognitive changes? Who will know my baseline?

MY COGNITIVE BASELINE

On _____ (date), I named _____ animals in 1 minute.

On _____ (date), I named _____ animals in 1 minute.

On _____ (date), I named _____ animals in 1 minute.

Date: _____ I drew this clock face and set the time for 3:40.

Date: _____ I was given 5 words to remember. I was able to recall _____.

Date: _____ I was given 5 words to remember. I was able to recall _____.

Date: _____ I was given 5 words to remember. I was able to recall _____.

HELPING OTHERS CARE FOR ME

KNOWING ME

My Morning Routine

I like to wake up around _____ am.

I like to wake up with/without an alarm or music or _____.

When I first wake up, I like to be alone/with people.

The first thing I do after I wake up is _____.

The second thing I do is _____.

The third thing I do is _____.

In relation to the time I get up, I like to eat breakfast _____.

For breakfast, I like to eat/drink _____.

_____.

My Bedtime Routine

I like to go to bed around _____ pm.

The first thing I do to get ready for bed is _____.

Next, I _____.

Right before I go to bed I _____.

I like to sleep with the room very dark/a night light/lights very low.

I like to go to sleep with the TV/radio/music/white noise on or just quiet.

I like to sleep wearing _____.

I like the room temperature to be warm/cool/chilly with a fan on/off.

My Likes and Dislikes (important for my comfort)

We take in data through our 5 senses — in that we are alike. But what we like and dislike to see, hear, feel, smell, and taste is as varied as there are people. Complete the list below to help others know what makes you comfortable and uncomfortable.

SENSE	LIKES	DISLIKES
SEE		
HEAR		
FEEL		
SMELL		
TASTE		

