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 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.

<table>
<thead>
<tr>
<th>SENSE</th>
<th>LIKES</th>
<th>DISLIKES</th>
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<tbody>
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My Favorites

If I had to choose 3 items (smaller than a chair) that I would want to have with me to remind me of "me", I would choose:

1. __________________________________________
2. __________________________________________
3. __________________________________________

These 3 people are very important to me and I would feel their absence.

Name: _________________________ Relationship: ______________________
Name: _________________________ Relationship: ______________________
Name: _________________________ Relationship: ______________________

Music

This is my playlist of my favorite music.

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