

I A M

A PERSON:

- * WHO HAS A NAME
- * WHO HAS VALUE APART FROM A MEMORY
- * WITH A HUMAN SPIRIT (THAT NEEDS FEEDING IN SOME WAY)
- * WITH FEELINGS AND SENSITIVITY (ALSO ABOUT THE SERVICES THEY RECEIVE)
- * WITH AWARENESS
- * WITH A WILL AND PERSONALITY
- * WITH A LIFE STORY
- * WHO HAS THE PRESENT MOMENT

I MAY ALSO BE A PERSON WHO:

- * ENJOYS GIVING AND RECEIVING LOVE AND AFFECTION
- * IS ABLE TO SHARE AND REMINISCE
- * IS COMPASSIONATE, CONCERNED AND ACCEPTING
- * RESPONDS TO COMMUNICATION ESPECIALLY NON-VERBAL
- * ENJOYS A GIVE AND TAKE APPROACH TO CONVERSATION, INCLUDING JOKING, KIDDING AND TEASING
- * CAN BE FLEXIBLE
- * HAS A SENSE OF HUMOUR
- * ENJOYS THE SMELL AND TASTE OF FOOD
- * RESPONDS TO JOY IN THE MOMENT

IF YOU STRING TOGETHER ENOUGH JOYFUL MOMENTS, I WILL HAVE A GOOD DAY AT THE END. NEVER DISMISS SOMETHING AS POINTLESS BECAUSE 'THEY WON'T REMEMBER'

I MAY WELL BE A **PERSON** WHO:

- * HAS INTACT SOCIAL GRACES
- * MAINTAINS OLD SKILLS AND TALENTS
- * RESPONDS TO CHILDREN AND PETS
- * THRIVES ON MUSIC AND THE ARTS
- * IS PHYSICALLY FIT WITH A HIGH LEVEL OF ENERGY (AND YES, THIS *IS* A PLUS!)
- * HAS EXCELLENT HAND EYE CO-ORDINATION
- * IS VERY MOBILE FOR WALKING AND DANCING
- * CAN STILL BE HELPFUL, COMPETENT, PRODUCTIVE, CONSTRUCTIVE
- * ENJOYS EXPERIENCING NEW INFORMATION

I AM A **PERSON**

WHAT I NEED IS *YOU* TO BE MY BEST FRIEND

Adapted from The Best Friends Approach to Alzheimer's Care by Virginia M Bell and David Troxel 1997 as cited in Journal of Dementia Care Nov/Dec 1997 page 11