

I HAVE DEMENTIA

and this is what my hospital stay could look like for me.

My dementia impairs my ability to process information like I used to. Because of this your actions may make me question the following:

- **Who is this person bringing this food to me?**
- **Why are they forcing me to eat it?**
- **Why should I trust them?**
- **Why are the lights so bright?**
- **Why do they keep waking me up?**
- **Where am I?**
- **Who are these people?**
- **Why do they keep touching me?**
- **Why can't I go home?**
- **Why are they hurting me?**
- **Will you get away from me?**
- **Can somebody help me?**

When you take the time to understand my behaviors you make my stay more positive and I am at less risk for complications. Striking out, trying to leave, or pulling out my IV are behaviors related to dementia and not me trying to be difficult.

When you resort to medication to control these behaviors you increase my risk for delirium, falls, and further cognitive decline.

Dementia-friendly training helps **YOU** help **ME** to trust you.

I am not giving you a hard time, **I am having a hard time.**

To learn more: Visit www.dementiacarepb.org

