

Early Onset

“Use it or Lose It”

Just after my diagnosis of Alzheimer`s had been given to me three years ago the Dr concerned give me what I consider to be one of the best pieces of advice I have ever had. He quite simply looked me in the eye and said Don't Forget “USE IT OR LOSE IE “whilst tapping the side of his head.

This is something I have carried with me ever since and I am totally convinced it helps stave off the awful inevitable ending of this terrible disease.

This is an example of what I mean

Whilst moving I had to be offline for nearly three weeks, so it was three weeks of not using the computer, not having any hand to eye co ordination and three weeks of not having that much to think about apart from the move itself. After only ten days I visited the library to try and catch up on a few e mails only to find out that I couldn't remember my password, e mail addy and many more things computer related. I was horrified. My “Angel” Elaine had also noticed a downturn in my speech ability and general orientation.

Now I know the move was very unsettling for me but I never expected my computer abilities to take such a downturn, but worse was to come. When I went to write a story on “Word” which as you know, doesn't need internet connection, my 12yr old granddaughter was with me and stopped me more than once to say what I had written didn't make any sense whatsoever.

Since having my computer back I have become once again quite fluent on the computer (But spell check is still my best friend LOL) and things are getting back to normal, well as normal as they can be. This has been such a revelation to me and now makes me think of others who are not as fortunate as me.

This is why daily; if not hourly activities MUST be put in place in care homes and Dementia Units. This is why we must rid these places of practices that sit people in the same chair, at the same time, watching the same television programme day in day out!!! People with this awful disease just don't want to sit there and waste away!! We want to carry on our lives as best and as normal as possible. We want to go out in the fresh air on a daily basis (Weather permitting) and look at what is going on in the world. We want to be taken to Garden centres to smell the fresh

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Thoughts by Norrm's Mcnamara

flowers and feel the textures. We want to be taken out into the countryside to “Wonder “ at everything this glorious world has to offer.

As you can probably guess, I am back, and I am still on my soapbox, but I make NO apologies about this. All I will say is I won't rest until we see a general change in practises and attitudes towards Dementia and those people it affects.

I Have Alzheimer`s, if people won't listen to people like me who ACTUALLY HAVE this awful illness who will they listen to??

Best wishes, Norrms xxxxxxxxxx

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