



TIP SHEET - LIFE LESSONS

1. Know there is life with Dementia.
2. Find what brings you both joy and learn to duplicate that.
3. Don't live in the past or project the future; live in and for today.
4. Be thankful for what you have in your life.
5. Be forgiving of yourself and others.
6. Let go of judgment and control.
7. Learn to be spontaneous and play again.
8. Be flexible. Have a backup plan.
9. Be kind and patient.
10. Remember everyone feels better when they smile and laugh.
11. Take care of yourself and ask for help when you need it.
12. Love them. Engage them. Empower them with what they can do.

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