



# Let Me Re-Introduce Myself Tool Kit

If you (or a loved one) are living with dementia, this is a great place to start. It's important for you to continue having the support of friends and family around you, and sometimes the presence of fear or a lack of information can lead to feelings of social isolation - for you and the people closest to you.

This tool kit will guide you through a few simple questions that can help you share valuable information with family and friends and stay connected with your own support network, a key to living well with dementia. Further, it can help address concerns and misinformation that can sometimes be linked to the disease.

Let Me Re-Introduce Myself is a downloadable form that you can use to share your story with family and friends. Put in your information and print it, or share it electronically as you like.

(To be completed by the person with dementia or a family member/friend)

My name:

[Redacted area for name entry]

I've led an interesting, rich and unique life full of stories and great meaning.

**Even though I'm living with dementia, I'm still the same person that I've always been at the core.**

There are a few things I'd like you to know about me because I value our relationship and I want to stay connected with you. This is certainly possible, and becomes easier if we focus less on my disease and more on my strengths and capabilities.

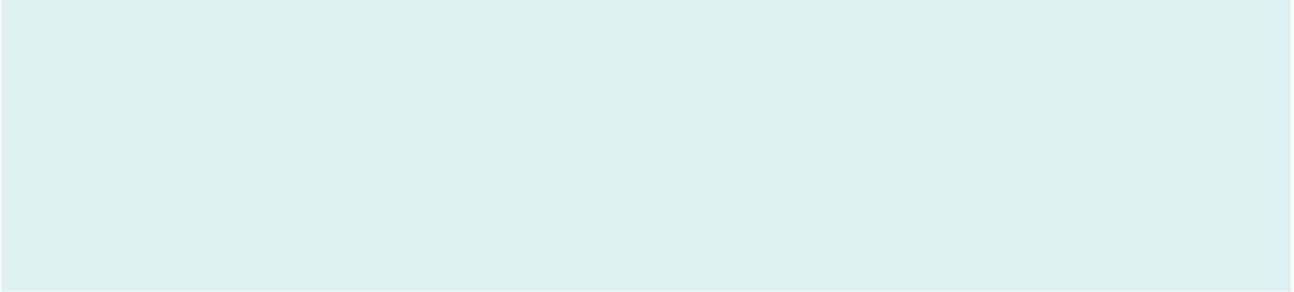
**For more info about Alzheimer's disease or other types of dementia, contact:**

Alzheimer Society of Calgary  
403.290.0110  
www.alzheimercalgary.ca

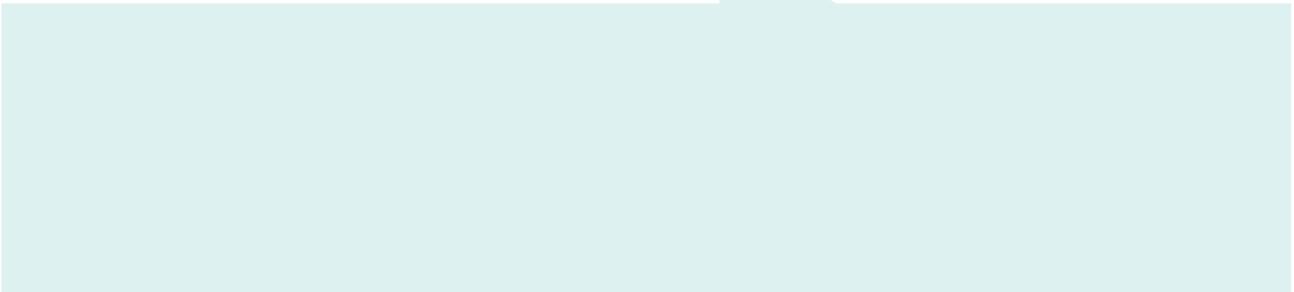
Dementia Network Calgary  
www.dementianetworkcalgary.ca



**My favourite activities are:**



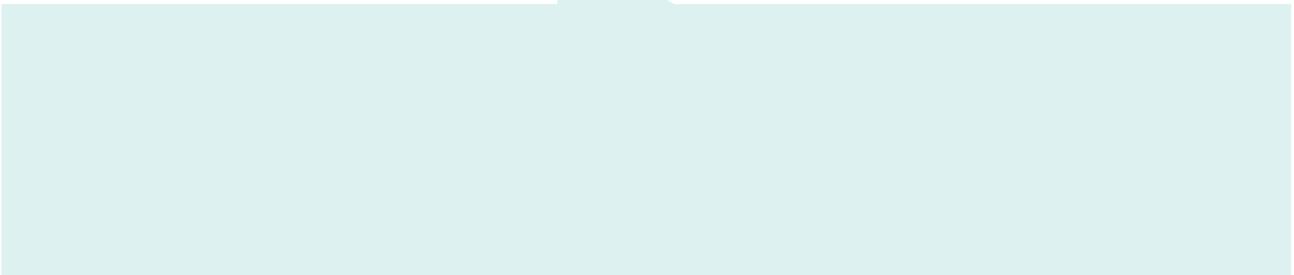
**My favourite foods (and treats) are:**



**The things I'm most proud of in my life are:**



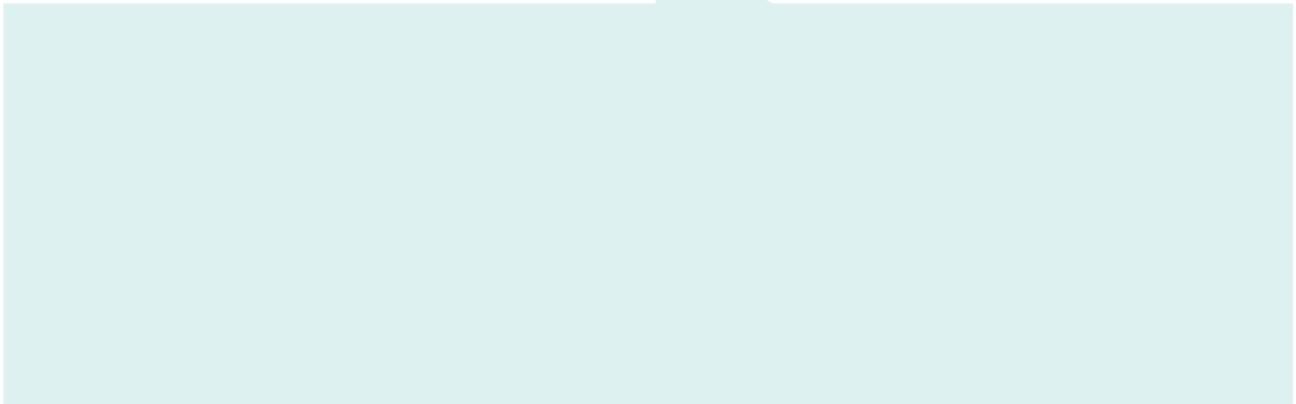
**My favourite place to be is:**



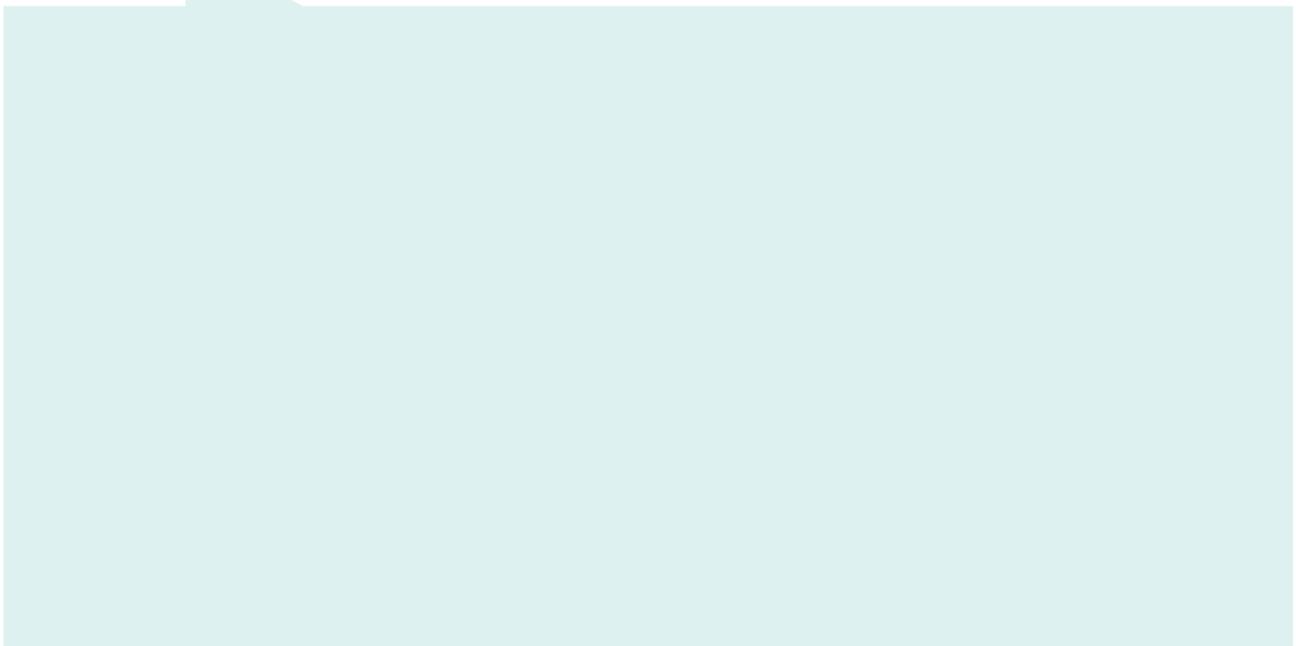
**Some of my favourite music includes:**



**My best memories to revisit are:**



**We all have things we don't like to talk about. Based on my own personal history and life experiences, some topics to avoid, if any, are:**



## Things to keep in mind when communicating with me:

(check any/all that apply)

- I like when people speak directly to me. It makes me feel validated and included.
- I can hear what you're saying.
- I can understand your words more often than not.
- I get distracted. It's best if there's no music, TV or background noise when we talk.
- I need time to respond during a conversation. Please allow me a few moments.
- I have difficulty hearing sometimes. Please have patience, speak loudly and clearly.
- I still have authentic emotions and my feelings can be hurt.
- I recognize and understand facial expressions and love to see your smile.

## Little-known facts about me:

(check any/all that apply)

- Sometimes just your presence is enough.
- "Doing nothing" together can be doing something!
- Don't worry too much about what to say to me, or how I'll react.
- I'm a regular person and I do appreciate your call/visit.

## How can you help?

If you're wondering how to get involved or help support me, here are a few ideas. Know that by helping my caregiver or family members, you're also helping me; their lives are equally affected.

- ✓ Call, email or stop by for a visit
- ✓ Offer to pick something up on the way over, or drop something off on your way home
- ✓ Do one of my favorite activities together with me
- ✓ Enjoy some of my favorite music or foods with me
- ✓ Arrange for my caregiver or family member to have a short break (e.g., time for coffee or lunch out)
- ✓ Bring food or takeout to help with a meal
- ✓ Assist with transportation
- ✓ Others:

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