

I HAVE DEMENTIA

and this is what would help me have a better and safer hospital stay.

- **Prepare a toileting schedule for me.** I may no longer be able to recognize my body's signal to use the bathroom.
- **You must be able to recognize my behavior.** Odds are I have not received a formal diagnosis for my dementia so it might not be in my medical record.
- **I probably won't be a "reliable reporter".** I may not remember my age, name or the fact that I had knee surgery two weeks ago.
- **Always introduce yourself to me when you enter my room.** I probably won't remember you, so each time we meet is like the first time.
- **Give me the time to respond.** I may still be able to respond and communicate but it takes me longer to process and answer.
- **Simple yes or no questions** provide me with clearer choices and that is easier for me.
- **I want to cooperate** but I need your help.
- **My caregiver may be able to provide helpful answers and information.**
- **I might wander, keep me under watchful eyes.**
- **Provide me with a different color gown or wrist bands so I can be easily identified.** You may not see me leave the room, so everyone needs to know that I may be lost if I'm wandering alone.
- **Allow me to have music in my room.** Music is calming to me and will help my treatment go more smoothly.
- **Help me with my meals.** I could be very hungry, but may not know what the tray is, what all the packages are for and how to open them.
- **Keep learning about my disease.** The more you know about my dementia the better my hospital stay will be

To learn more: Visit www.dementiacarepbc.org