

LIVING WITH MEMORY LOSS SERIES

TALKING TO YOUR FAMILY

Your Spouse - Express your feelings with your spouse and make plans for your future together. Your spouse will be taking on more responsibilities to manage the home, work and family. You both may feel loss because of the change the disease brings to your relationship. You may both experience changes in your sexual relationship.

What You Can Do –

- ❖ Continue the activities you accomplish and modify activities that are difficult
- ❖ Talk to your spouse about how he or she can help you
- ❖ Look into services such as home help, gardening, and other services that can help make your life easier as a family.
- ❖ Seek counseling to talk about your feelings and find solutions to problems.
- ❖ Find ways in which you and your spouse can remain intimate and close.
- ❖ Encourage your spouse to join a support group
- ❖ Plan fun events

Your Children – Be straightforward with your children or grandchildren. Explain the disease; you may forget things, and say and do things that they do not understand. Reassure them that although the disease will change your life, you will still be there to enjoy their company.

- ❖ Find out what their emotional needs are and talk to them about what their concerns are.
- ❖ Notify teachers and school social workers so they can provide support for the children.
- ❖ Provide counseling for the children if necessary
- ❖ Record your thoughts, feelings and wisdom for your children
- ❖ Provide for fun family events

*"I've learned that Life is a journey and that I enjoy taking others with me on that journey. No one should be lonely or afraid. The daily choice that we make in relating to others will color our entire lives. Dare to let others into your life. I think you will be pleased. I am." – Chip Gerber**

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