

2.

**Listen to me**

Take time to listen and involve me in the conversation. I can still teach you a thing or two.

4.

**Ask if I need help**

If I seem confused, ask if I need help. These little things help me stay independent.

6.

**Ask me about my dementia**

Don't be afraid to ask me questions. When you take the time to understand my dementia, I know there's someone on my side.

1.

**Talk to me**

Don't be worried about talking to me. I'm still me.

3.

**Include me**

Keep on inviting me out. Friends still mean the world to me.

5.

**Be patient**

Be patient with me and I'll show you how I can still do things. It just might take me longer than it used to.

7.

**Help my carer too**

Support my partner and others who care for me. My dementia affects them too.