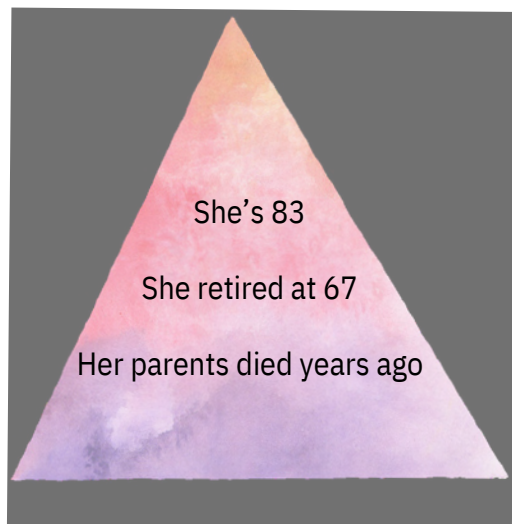
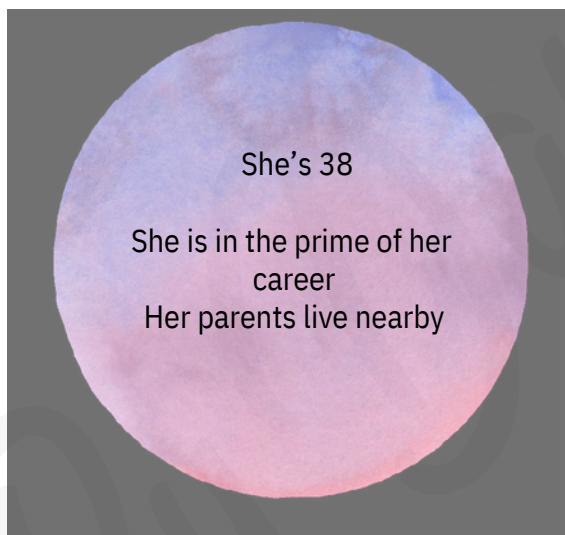


What Does Their Reality Look Like??

Embracing The Reality of a Person with Dementia



Our Reality



Her Reality

Let's choose her reality!

Why? It's healthier, safer, kinder, and it isn't lying! Even when her reality is sad, embrace it. Be a shoulder to cry on. It is the **truth** of her reality!

When you embrace someone's reality, you understand that their reality has shifted, and you must shift with it. Here's my favorite (and very true) example:

I had a resident whose son had died a few years earlier. This was obviously devastating. In good news, she'd forgotten he died. (Hey, this is a good thing that she forgot!)

One day, she came to my office. "Hey hon," she said. "Do you know where my son is? He hasn't called in a while."

I paused and considered this. "Where do you think he could be?" I asked.

"Well...I guess he must be busy with work," she replied.

"That makes sense, he's probably at work," I nodded.

"Can I call him?" she asked me.

"Sure," I said, and picked up my work phone. I dialed my own cell phone number and let it go to voicemail. As soon as it did, I handed her the phone. "Here, you can leave him a message," I smiled.

She left her son a voicemail on my phone. "Thanks, hon, I feel a lot better," she nodded.

It never came up again.

