



# What You Need to Know About Me - A Workbook for People with Dementia



*by Jill Lorentz*

# What You Need to Know About Me - A Workbook for People with Dementia *by* Jill Lorentz

This workbook is for the person with memory loss. This is a way for you to share what is important to you. It is also a great way to be understood by the people who are helping you to live with the diagnosis of Alzheimer's or some other type of dementia with memory loss.



**This is how I feel about having memory loss:**

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**Symptoms to be concerned about:**

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**This is my address:**

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**This is my phone number:**

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**This is my Physician's phone number and address:**

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**This is my diagnosis:**

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This is my spouse/child/friend phone number:

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Things that upset me:

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I don't like it when someone:

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**I do like it when someone:**

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**I am allergic to:**

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**Food I like:**

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**Snacks I Like:**

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**Foods I don't like:**

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I like to eat breakfast (at what time?)

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I like to eat lunch (at what time?)

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I like to eat dinner (at what time?)

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I like to cook... yes or no?

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My favorite drinks are:

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I can or cannot operate a microwave

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I can or cannot operate a stove

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I have trouble running the dishwasher \_\_\_\_\_



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**I am having trouble understanding conversations**

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**This is how that makes me feel**

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**My favorite TV shows and times/days they are on :**

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My favorite movies:

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I can or cannot operate the TV by myself

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Favorite Radio shows and times/days they are on:

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I can or cannot operate the radio by myself:

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**Favorite music is:**

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**I like to have music on rather than the TV**

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**Favorite sports and teams are:**

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**Favorite gameshows:**

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**Favorite Reality Shows are:**

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**My favorite hobbies are:**

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I like crafts:

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I like to garden:

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People who make me feel good:

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People who make me laugh:

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**People who upset me:**

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**Where I lived as a child:**

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**My favorite childhood memories:**

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**My favorite relatives:**

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**People I like to call and chat with and their phone numbers:**

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**What I did for a living/ jobs I had and what was my age when working there?**

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**I like to shower on these days and times:**

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**I like baths on these days and times:**

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I like my baths hot? Warm? Bubbles? Candles? Music?

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I have a specific bathing routine

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I need quiet times

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I need entertainment

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I like to read books, magazines

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**I search the internet for**

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**My cell phone is important to me**

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**I use it for:**

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I use my home computer often

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I like to take pictures on my phone of:

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I like putting pictures in folders

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I need help downloading my pictures

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I need help managing my minutes on my devices

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**Location of important paperwork:**

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**Women – I like wearing makeup what/how do you apply it and where?**

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**Men – I like to get my hair cut when? Where?**

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**Women - I like to get my hair cut when? Where?**

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**I like to wear jewelry like:**

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**My favorite clothes are :**

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My favorite shoes are:

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I wear hats!

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I am a neat freak

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**I don't care about tidiness**

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**Other important things I need someone to know about me:**

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