

# An Inspired Life:

## A Journal for Helping Me Live Well with Dementia

*What I need you to know about me*



# How to Use This Journal

Use this journal to record and share your thoughts and hopes with your care partners. Your care partners are the ones who will partner with you on the journey with your diagnosis. At Brookdale, we believe the term care partner better defines the trusting relationship you build with those who support you in your daily life. Whether your care partner is a spouse, adult child or professional, this relationship should be built on love, compassion and understanding. This journal is designed to help you help them as the disease progresses.

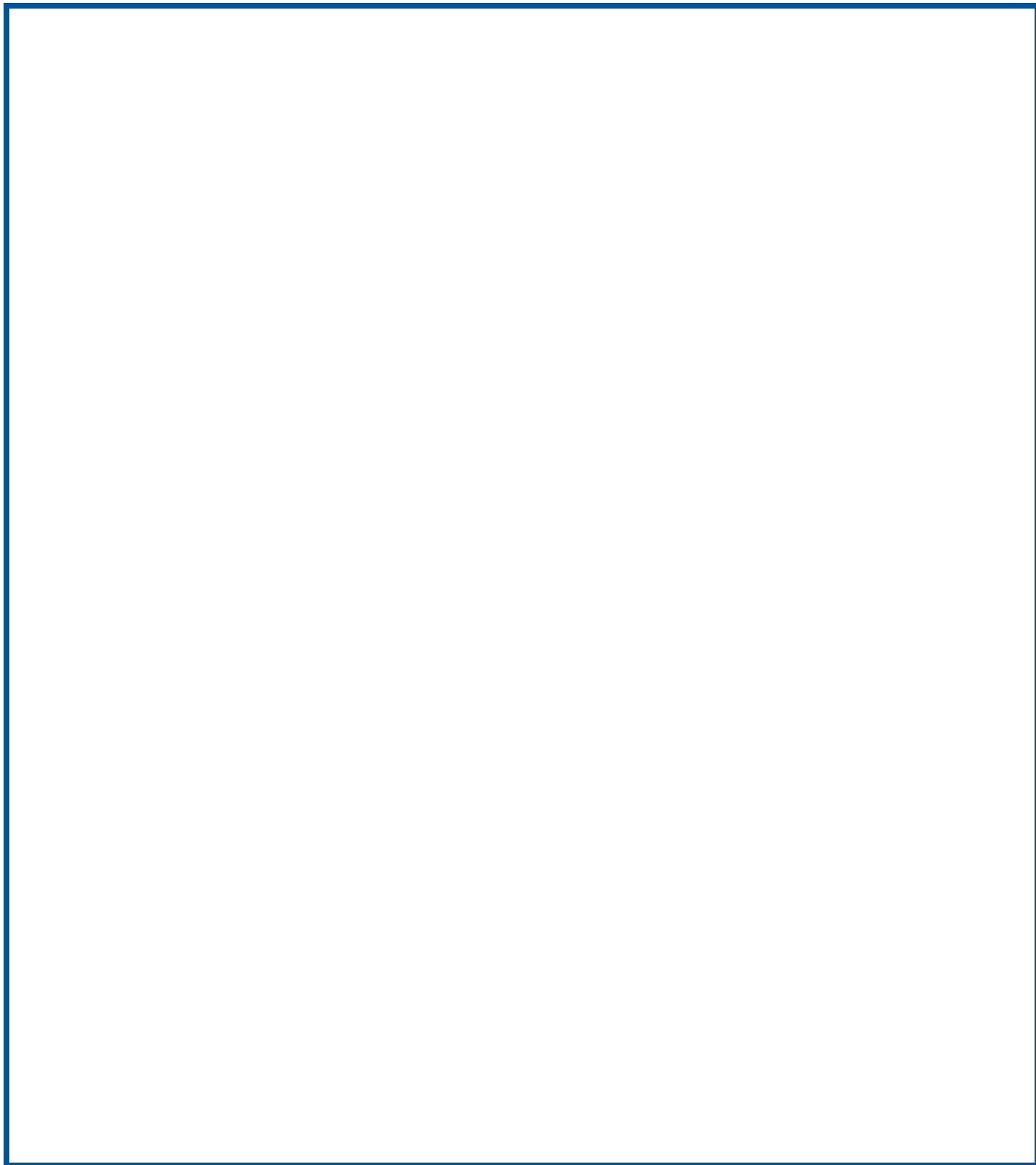
This journal also provides an opportunity to have open and honest conversations about dementia and what to expect with those close to you. While you may not always be able to predict what is around the next turn, understanding the progression of the disease will prepare you and your family for what's next at each stage.

A person-centered approach to care is a significant part of living well with dementia. The most important component in your care partner relationship is your partner having a solid understanding of what you need to live well with dementia.

Consider this journal a roadmap to help family, friends and other care partners navigate the dementia journey with you by knowing you, and honoring and supporting your best life possible. We want to help you focus on what you can do together to make that life happen.

Here are the five things I need to continue to live well:

Here is something surprisingly simple that makes me happy:



Here are some of the small things that inspire and motivate me:

I believe in:

My daily routine grounds me.  
Here's what is most important to me about my everyday schedule:

What I fear most about having dementia:



As I become more dependent, here's what I want for you as my care partner:

As my life nears its end, I want you to know: «