

The Parallel Guidelines of Improv & Dementia

Say Yes And... Aren't we all tired of hearing No? The And builds upon the Yes and gives you the opportunity to expand on your YES!

Listen Fully When you speak you are only repeating what you already know, when you listen you may learn something new. – Dalai Lama

Accept offers and gifts Gifts come in many forms. They may be a smile, a story that is told that important to the teller, a reach for your hand, or silence as you sit together.

Commit 100% If you are going to step on stage. Make an entrance! Go all the way. Doing something 32.6% or 85% is much harder than 100%.

Silence can be powerful. *Sometimes we forget to just be.*

Go with the Flow Stop overthinking. You're only creating problems that aren't there.

Agree – Don't Deny Arguing will only result in both of you frustrated and tired.



Step into their World If a person sees you as their sister whom they adored and loved but has passed away. What does it hurt? Take a step into their world.

Accept Help from Others Say Yes when anyone offers to help you in any way.

Be in the Moment Life moves pretty fast. If you don't stop and look around once in a while, you'll miss it. -Ferris Bueller

Enjoy (to get joy from) Enjoy the little things in life for one day you will look back and realize they were the big things. – Kurt Vonnegut

In the Moment – Karen Stobbe

References, Resources & Gratitude

Here is a short list of amazing resources I have used through the years.

Websites: There are many very good web sites. Here a few.

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| In the Moment new | www.in-themoment.net |
| In the Moment old | www.in-themoment.com |
| Alzheimer's Reading Room | www.alzheimersreadingroom.com |
| My Alzheimer's Story | http://myalzheimersstory.com |
| Memories From My Life | www.memoriesfrommylife.wordpress.com/ |
| Dementia Diaries | https://dementiadiaries.org/ |

A Few Good Books

Dementia Reconsidered, The Person Comes First, Tom Kitwood

Rethinking Alzheimer's Care by Sam Fazio, Dorothy Semen, Jane Stansell

Forget Memory by Anne Basting

Dementia Beyond Drugs and Dementia Beyond Disease by Dr. Allen G. Power

Alzheimer's: From the Inside Out by Richard Taylor

Alzheimer's Early Stages: First Steps for Family, Friends, and Caregivers by Daniel Kuhn and David A. Bennett

Speaking Our Minds: Personal Reflections from Individuals With Alzheimer by Lisa Snyder

Finding Flow: The Psychology of Engagement With Everyday Life by Mihaly Csikszentmihalyi

All of the Best Friends Books by Virginia Bell and David Troxel

Any book by Brene Brown

Everyone needs purpose.

Everyone needs to have meaning in his or her life.

I used to think I love you were the 3 most important words
you could say to a person. I now know that the 3 most important words are

I need you.