

# I Have Young-Onset Dementia: I Want To Talk To You ©

Created by younger people living with dementia, with support from their team of recreation therapists and volunteers in the YouQuest community.



- 1 Treat Me Like the Adult That I Am**  
I'll do the same for you.
- 2 Introduce Yourself**  
Tell me who you are, your role, interests, hobbies. We might have something in common!
- 3 Get to Know Me**  
What I like and dislike; my background and strengths. Ask me, but don't assume. I am unique.
- 4 Be Real and Honest**  
Everyone likes a smile, positive body language, a sense of humour, and sincere tone, including me!
- 5 Keep it Simple**  
One point at a time. SLOW down, limit the distractions. I need *just* enough information - 1 or 2 options max - to make my decisions.
- 6 Just Give Me a Moment**  
I need time to reflect and process what you say.
- 7 Listen to Me, I'll Tell You What I Need**  
Acknowledge and respect my opinion. Help us understand each other, but don't speak for me.
- 8 Help Me Be Who I Am, and Do Things That I Like**  
We all like to be independent and have some control over our lives.
- 9 Dial It Down**  
That might be the lights, the noise, or too many people chattering. Sensory overload is real and can create issues for me.
- 10 I'm Human**  
I might need food, water, a rest or the washroom – ask me!
- 11 I Live in the Moment**  
I don't want dementia to rule my life.
- 12 No One Left Behind**  
We can all help each other to make life better.

# YouQuest

Creating community for active health and well-being



*"People living with dementia and their caregivers have the right to participate in decisions which affect their lives & well-being [and] should be provided with accessible information and the support they require to empower them to exercise their right to participate in decisions that affect them"*  
**(World Health Organization, 2015).**