

Dear _____,

I am writing to share some news about my health. You may have noticed changes recently or wondered what's been going on. I recently received a diagnosis of _____. Dementia is a brain disease that affects short-term memory, language and communication skills, and mobility in the early stages.

Here are some facts about dementia. Every dementia journey is different, so while you might have personal experience with a person living with dementia in your life, their experience and the progression of their disease will likely look different than mine. Dementia takes a long time to progress.

There are many other myths and misconceptions about dementia, especially as it relates to the way it progresses in the early stages. I will remain the person I have always been, with the same hobbies and interests such as _____, and my passions for _____. I am determined to live well with this diagnosis, and I will still be the same person capable of the full range of emotions and experiences. Please continue to view me as the whole person that I am, with this dementia diagnosis only affecting a part of who I am now.

As you might imagine, this is a challenging time as I come to terms with the diagnosis and what it means for my future. Your friendship is important to me and that is why I am sharing this news with you. I am feeling _____ about the diagnosis. Naturally, I have concerns about the future, such as _____.

I welcome a conversation with you when you have had time to absorb this news. In the meantime, I encourage you to phone the Dementia Helpline at the Alzheimer Society of Nova Scotia (1-800-611-6345) if you have any questions or if you would like more information about this disease.

I consider my health a private matter, and I would appreciate it if you could keep this information between the two of us. I value your discretion.

Thank you for reading this letter.

Sincerely,
