

Dear _____,

I am writing to share some news about _____'s health. You may have recently noticed changes or have been wondering what's going on. _____ recently received a dementia diagnosis.

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 _____'s. 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. They will remain the person they have always been, with the same hobbies and interests such as _____, and their passions for _____. We are determined to live well with _____'s diagnosis, and they will still be the same person capable of the full range of emotions and experiences. I would appreciate it if you continued to view _____ as a whole person, with this diagnosis of dementia only a part of who they are now.

This is a challenging time as I come to terms with _____'s diagnosis and what it means for our future. I am feeling _____ about _____'s diagnosis and the effect this could have on our relationship. Naturally, I have concerns about the future, such as _____. Your friendship is important to me and that is why I am sharing this news with you.

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. Could I ask you for support?

I consider _____'s health a private matter, and I would appreciate it if you would keep this information between the two of us.

Additionally, I would appreciate it if you would speak to me in private about this letter prior to approaching _____ about this news, as they are absorbing their diagnosis in their own way at this time. I value your discretion.

Thank you for reading this letter.

Sincerely,
