



HANDOUT-ABLE: A Letter to the Listener from a Person with Memory Involvement

Hello sir or madam:

I have a memory impairment. This negatively impacts my recall skills. This is not a reflection on my worth or value. I ask that you keep the following in mind as we interact:

- I have difficulties with remembering, and this impacts how I function sometimes. I have techniques to help me remember, and I utilize these. I will need some considerations from you, however.
- What I say is important -- just like what you say is important.
- I need extra time and patience from you. I would do the same to you if you needed me to, just please let me know -- and I will do everything I can.
- It may take different types of avenues to have a message understood. This does not take away the value of the message, and it does not take away my value as a person.
- Everyone in their own way functions differently, and every person has different needs that help with the process. My needs are just not as common as what you may see every day.
- I have a need to be heard. I have valuable messages to communicate.
- If you show me the time and consideration that I need so that I can improve my ability to perform recall of information with you, it will show me your integrity and compassion. It might be you someday. It might be someone you intensely care about someday. Please keep this in mind as there may be challenges that come along; challenges are just another detour that will get us to where we need to go. I have information that will be helpful to you. I have beneficial information to contribute.
- It will assist communication if you ask as many questions as you need. Please keep them short. It is easier for me to answer simple/short questions. Also, please try to not interrupt me, and I will try to not do the same with you. This includes when I am thinking about what to say.
- If it is possible, please advocate for me in situations that I currently cannot navigate. Thank you.
- We all need help to different degrees sometimes. Please demonstrate compassion by putting yourself in my shoes -- and show me the respect you would desire. If you appreciate our interaction like it was you in this situation, it might open your eyes to something new.
- We may be different, but we can still communicate.
- If someone disrespects me, please speak up. I will do the same for you in any capacity I can.
- I understand that your attempts may not be perfect -- that is okay. Mine might not be either. We are still working on it!
- Other tips that will help me: _____

--Thank you, from a Person who has difficulties with memory