



## Well Being Cards for Carers

There is one thing that dementia  
cannot take away and that is love

Love is not a memory

Inspirational quotes to support  
the roller-coaster pathway often  
experienced by carers of a loved one  
with dementia

**Marsden Ward**



They may forget what  
you said but they will  
not forget how you  
made them feel



I have dementia, my eyes  
do see, my ears do hear

I am still me, so lets be clear  
my memories may fade, my  
walk may be slow

I am **ME** inside don't let me  
go...

Keep your patience  
and give all the  
dignity to our  
blessed seniors that  
they have earned  
over a life time



# Family is the most important thing in the world



Don't think of people with dementia as not having an ability

They have ability to feel and interact and we need to try and enter to their world



Dementia caregivers ride the world's biggest, fastest, scariest and emotional roller coaster every day



Share your sunshine and light up the lives of people around you



Rather than trying to  
bring the person with  
dementia back to reality,  
why not enter their reality

It's not how much  
you do, but how  
much love you put in  
the doing



Sometimes the person  
who's been there for  
everyone else needs  
someone to be there for  
them



Caregiving often  
calls us to lean into  
love we didn't know  
possible



We remember  
their love when  
they can no longer  
remember



To love a person  
is to see all of  
their magic, and  
to remind them of  
it when they have  
forgotten

Seeing you smile makes me  
smile

It's the relationship that  
is **most** critical **not** the  
outcome of any one  
encounter



Don't dwell on the  
disease

Value the moments, the  
pearls of wisdom, their  
smile and humour

When you look at a person,  
any person, remember that



Everyone has gone through  
something that has changed  
them

Dementia does  
not rob someone  
of their dignity,  
it's our reaction to  
them that does



To care for those who  
once cared for us is  
one of the highest  
honours

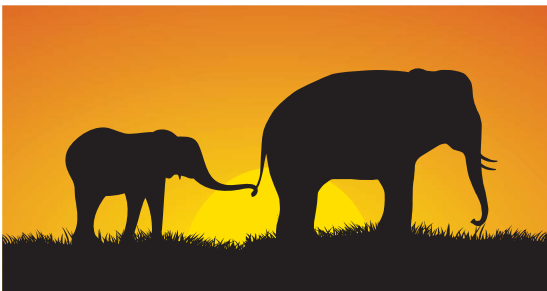


To love a person is to  
learn the song that is  
in their heart and sign  
it to them when they  
have forgotten

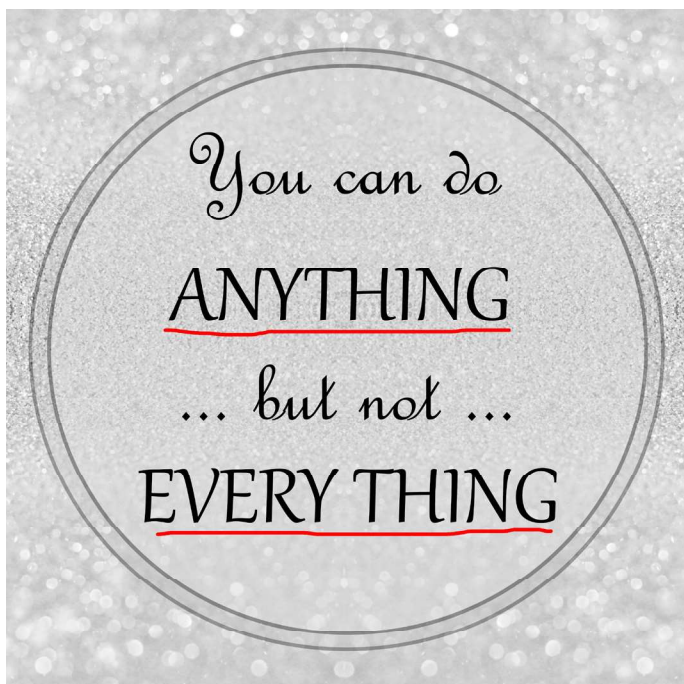




It hurts to know you'll  
never remember the  
things we will never  
forget



When someone  
living with dementia  
believes something  
to be true, **it is true**



One of the worst  
things that can  
happen to a person  
is to be forgotten  
by someone they  
will never forget



The disease might  
hide the person  
underneath but  
there's still a person  
in there who needs  
your love and  
attention



I have dementia  
My responses may be  
slow  
Take your time and  
wait for me  
It means more than  
you can ever know



The more  
loving we can  
be, the more  
powerful we  
become



I admit, I really miss  
how things used to be

But I can also admit,  
that I've accepted the  
fact that things have  
changed



Use your voice for  
kindness,  
your ears for  
compassion,  
your hands for  
charity,  
your mind for  
truth,  
and your heart for  
love



You can't pour from an  
empty cup, take care  
of yourself first



Kindness can transform  
someone's dark moment  
with a blaze of light. You'll  
never know how much your  
caring matters

Make a difference for  
another day



We are not telling  
you it's going  
**to be easy,**  
we are telling you  
it's going to be  
**worth it**





When I is  
replaced by we  
even illness  
becomes  
wellness

