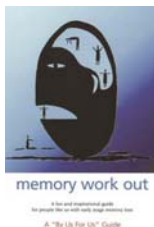


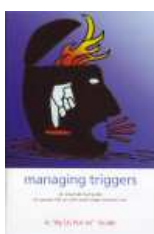
# By Us for Us© Guides

The By Us For Us© Guides are a series of guides created by a group of talented and passionate persons with dementia. The guides are designed to equip persons with dementia with the necessary tools to enhance their well being and manage daily challenges. What makes these guides particularly useful is that they are created *By* persons with dementia *For* persons with dementia.



## Memory Workout

The Memory Workout Guide provides examples of cognitive exercises and it encourages persons with dementia to develop and maintain regular "workouts" for the brain so as to function better while engaging in enjoyable activities.



## Managing Triggers

The Managing Triggers Guide is a practical resource that outlines the main triggers experienced by persons living with dementia, and offers solutions for how persons with dementia and their partners in care can manage and alleviate these triggers. The guide focuses on managing triggers associated with social situations, verbal communication, changes of abilities and memory, and managing your environment and negative emotions.



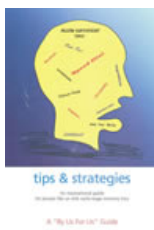
## Enhancing Communication

The Enhancing Communication Guide is a comprehensive resource that outlines the main challenges associated with communication as experienced by persons with dementia. It explores communication challenges that can occur with family and friends, in social situations, and when communicating with health care professionals. The guide provides practical solutions for persons with dementia and emphasizes the importance of using a wide range of communication strategies in order to make opinions, feelings and experiences known. It also suggests ways that family partners in care and professionals can enhance communication with persons with dementia.



## Enhancing Wellness

The Enhancing Wellness Guide focuses on how enhancing physical, psychological and emotional, social and spiritual well-being can help us live our lives to the fullest extent, even after diagnosis of dementia. The guide provides helpful tips for eating well, taking care of your body, being physically active, staying centered with yourself, staying connected with others, and living in peace, all of which are important in enhancing wellness.



## Tips & Strategies

The Tips & Strategies Guide is a helpful resource that contains ideas and suggestions for living daily with an illness causing dementia. The guide provides additional memory "workout" ideas, tips for those in the workforce, and general tips and strategies for daily living.

**Individual copies and bulk orders of these resources are available for \$1 per booklet plus shipping and handling through the MAREP website at [www.marep.uwaterloo.ca](http://www.marep.uwaterloo.ca) or by phoning Janet Mooney at (519) 888-4567 ext 32920.**