

# Introduction

It came as a huge surprise when after six months of scanning the internet for sites relating to dementia and Alzheimer's Disease, all I found was thousands of words advising us what to DO and how to do all types of things FOR the person with the problem. There was an over whelming, underlying assumption that THEY NEEDED IT.

As if there were a CURE and they would all get better!

I thought, what if we approached it from the opposite direction?

What can we learn?

We need them!

The set of assumptions this creates calls for a very different approach and mental attitude.

This maybe greeted warmly by some and with anger by others. The challenge it presents is to

do with ONE basic assumption, which needs to be established if pleasure and well-being are to be the predominant emotions for the future...

*I am the person  
who needs to do ALL  
of the changing . . .  
**if I want to!***

*My loved one CANNOT.*