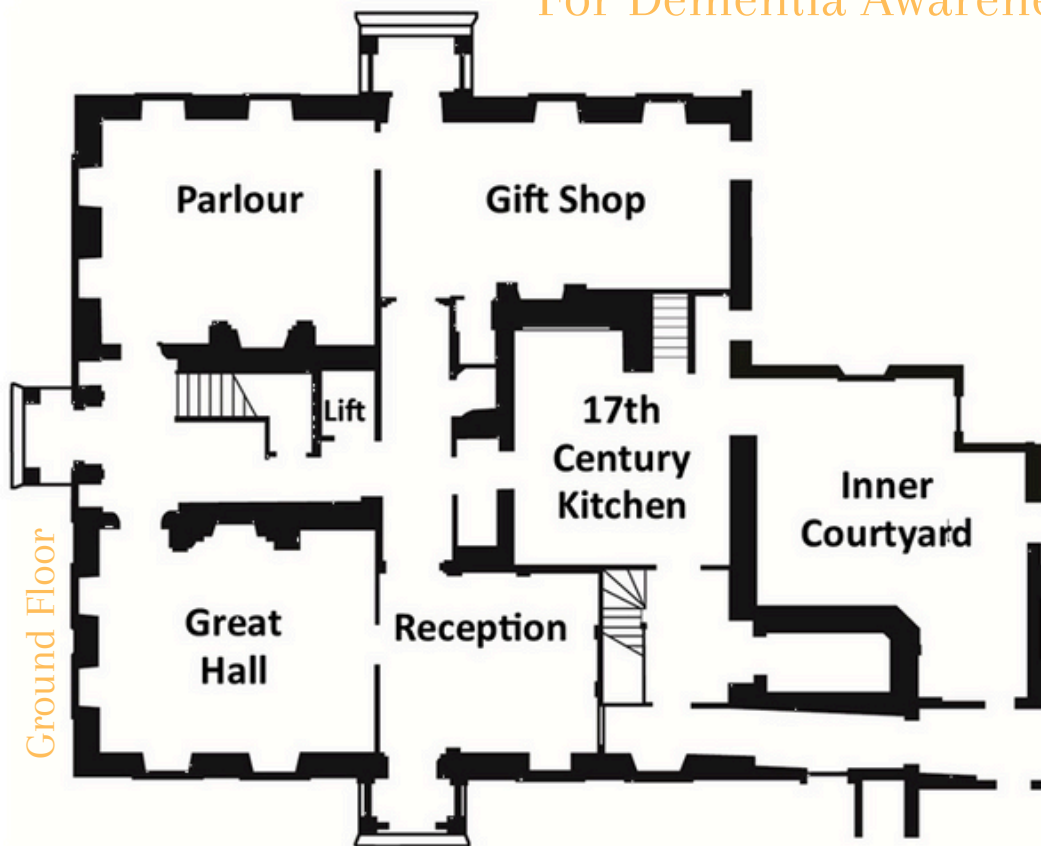
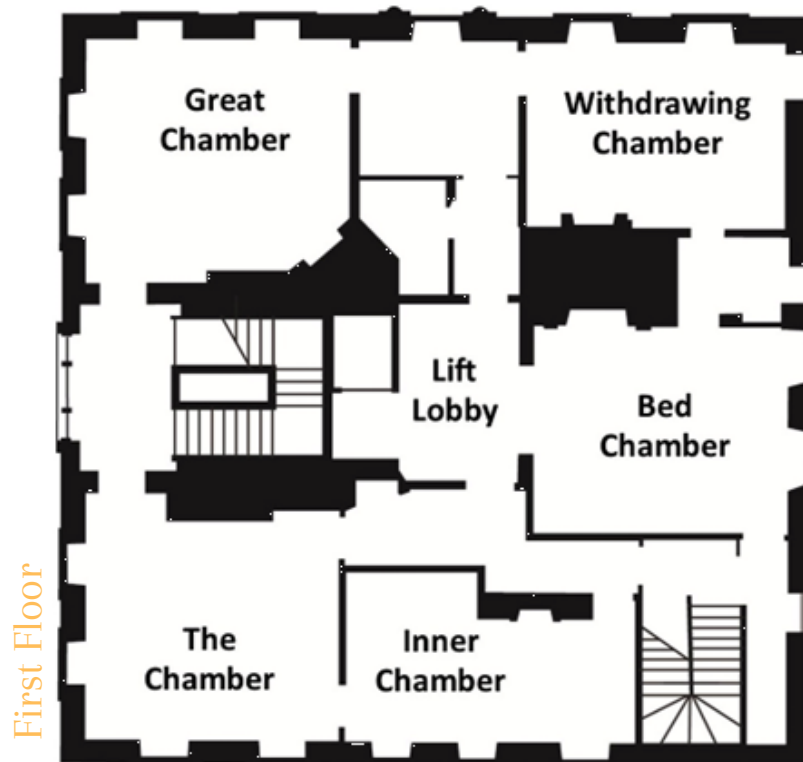


# Forget-Me-Not Trail

For Dementia Awareness



As you walk around the house, look out for blue Forget-Me-Not Flowers, and mark the ones you find on the map.



# Learn & play!

## What is Dementia?

Dementia is a condition that affects how a person thinks, remembers, and communicates. It usually happens to older people, and it can make everyday tasks harder for them.

### Draw a memory.

#### Instructions:

1. Think of a special memory you have, like a fun day out or a birthday party.
2. Draw a picture of that memory.
3. Share your drawing with the group and explain why this memory is special to you.

#### Lesson:

Talking about your memories can help you appreciate them more. People with dementia may have difficulty remembering such special moments, so it's important to share and remind them gently.

### Memory Game

Try to remember 5 items you saw on the Dining Table at Forty Hall.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Remember, dementia is something that can make life a little harder for some people, but with understanding, patience, and kindness, we can all help make their lives better. Always be ready to lend a hand, share a smile, and be a friend!

Colour me in!



The Forget-me-not flower reminds us of Dementia.