

Keeping a Positive Attitude

Strategies from the Eating Together study

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Accepting	<ul style="list-style-type: none">• "These things happen to you and I think you just have to accept them."
Being realistic	<ul style="list-style-type: none">• "But I just sort of say to myself, you know I have Alzheimer's. I'm going to forget words."
Being thankful	<ul style="list-style-type: none">• "He's very appreciative and I tell him how much I value that. It makes it much easier."
Changing expectations	<ul style="list-style-type: none">• "And if the ironing doesn't get done this week, it doesn't get done...I'm way more relaxed in that sort of thing."
Facing the challenge	<ul style="list-style-type: none">• "I think we take our challenges. Like, ah, we get lemons and we make lemonade."
Faith and prayer	<ul style="list-style-type: none">• "We have a lot of faith...a lot of accepting, surrendering, and trusting that God's going to bring people into your life."
Finding greater meaning or purpose	<ul style="list-style-type: none">• "I'm happy to give up the stuff that I like to do because I have a tall job and that's looking after my wife."
Focusing on abilities	<ul style="list-style-type: none">• "As long as I can do it - I'll do it and I'll be there for others to help others too."
Focusing on basics	<ul style="list-style-type: none">• "I'm just happy to be here, happy to be alive; and what happens, I just go with it."
Going through things together	<ul style="list-style-type: none">• "As long as we have each other we can just withstand any bump in the road."
Having a sense of humour	<ul style="list-style-type: none">• "Most of the things that happen now, we laugh about."
Letting go	<ul style="list-style-type: none">• "If I don't think it's really an issue, that it's not really affecting anything that's going on, I just let it go."
Living in the moment	<ul style="list-style-type: none">• "When you live in the moment a lot of the things that used to be important for you aren't anymore."
Taking one day at a time	<ul style="list-style-type: none">• "Well you know me, I take it as it comes."
Viewing change as part of the disease	<ul style="list-style-type: none">• "Sometimes I have to sit back and say...it's part of the disease."