



Breaking the Silence

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Silence may feel protective, but connection requires the honesty that sustains diagnosis. Each call for honesty!

When someone we love receives a dementia diagnosis, it can feel like everything shifts at once. Emotions rise quickly—fear, sadness, anger, even denial. For many families, the instinct is to protect their loved one from that weight by avoiding the conversation altogether. The diagnosis becomes something spoken about quietly—or not at all.

But silence, while well-intentioned, often creates more harm than comfort. When we don't talk openly about dementia, the person living with it may still sense that something is changing. They may notice differences in memory, communication, or daily life, but feel excluded from understanding why. This can lead to confusion, anxiety, and even isolation. Naming the diagnosis—gently and with care—helps validate their experience and reminds them that they are still included, still seen, and still valued. Open conversations also create space for emotion. A dementia diagnosis is life-changing, and it's natural for both the individual and their family to grieve. Avoiding the topic doesn't remove that grief—it simply leaves it unspoken. When we allow room for honest dialogue, we give permission for those feelings to be expressed, shared, and supported.

At the same time, honesty does not mean losing hope. While dementia is a progressive condition, there is still so much that can be nurtured—connection, dignity, purpose, and moments of joy. By acknowledging the reality of the diagnosis, families can begin to shift from shock toward adaptation. They can plan, seek support, and focus on what truly matters in the present moment.

Another challenge many families face is the urge to keep dementia a “secret.” This often comes from fear—fear of judgment, stigma, or simply not knowing how others will respond. But dementia is a medical condition, not something to hide. When families begin to speak about it more openly, they create opportunities for support, understanding, and community. They also help reduce the stigma that so many others silently carry.



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There is no perfect way to have these conversations. The most important thing is to approach them with kindness, simplicity, and reassurance. You don't need to explain everything at once. You just need to show up, be present, and remind your loved one that they are not alone.

Because at the heart of it all, this journey is not just about loss—it's about connection. And connection grows stronger when we choose openness over silence.

“Breaking the Silence Means...”

Including Your Loved One

Even when memory or communication changes, individuals living with dementia still deserve honesty, dignity, and inclusion. Gentle conversations help them feel seen, respected, and connected rather than confused or isolated.

Talking About the Hard Things

Avoiding the diagnosis may feel protective, but silence often increases fear and uncertainty. Open, compassionate conversations create opportunities for reassurance, understanding, and emotional support.

Letting Go of Shame

Dementia is a medical condition – not something families need to hide. Speaking openly helps reduce stigma and reminds others that support, education, and community are available.

Choosing Connection

A dementia diagnosis changes many things, but it does not erase the need for love, comfort, and belonging. Honest communication strengthens trust and allows families to focus on meaningful moments together.

At Dementia Family Support, we believe no one should face this journey alone. If you need help finding the right words or navigating these conversations, we are here to walk alongside you—calming your heart and holding your hand.



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