

“The Real Meaning of F -Dementia”

Finding Strength, Forgiveness, Family, and Fun on the Journey



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Let's be honest for a moment. Many families have had the thought—sometimes quietly, sometimes in frustration, sometimes through tears: “F dementia.”

Because dementia is not just forgetfulness. It reshapes relationships, routines, independence, and the future you once imagined. It brings uncertainty, grief, and constant adjustment.

And yet, while dementia can take many things, it does not have to take everything that matters.

One of the most powerful shifts begins with understanding. Dementia affects far more than memory—it impacts judgment, communication, problem-solving, and emotional regulation. When we recognize this, we stop asking, “Why are they doing this?” and begin asking, “What is their brain struggling to do right now?” That shift can turn frustration into compassion.

Caregiving, however, comes with its own emotional weight. You may feel love and exhaustion in the same moment, patience one day and frustration the next. There will be hard days—and that's part of it. This is where forgiveness matters. Not just for your loved one, but for yourself. You are human, doing something incredibly hard.

It's also important to remember that this journey is not meant to be done alone.

Support can come from family, friends, professionals, or community resources. Asking for help is not weakness—it's wisdom. The path becomes more manageable when it's shared.

As things change, flexibility becomes essential. Dementia asks us to let go of “how things used to be” and meet our loved one where they are today. Routines may shift, conversations may repeat, and abilities may change—but connection is still possible in the present moment.

Even as memory fades, emotional experiences remain strong. Your loved one may not remember what was said, but they will remember how they felt. A calm voice, a gentle touch, and a reassuring presence can create lasting comfort.

Dementia Family Support



And within all of this, there is still room for joy. Dementia brings challenges, but it can also bring unexpected moments of laughter, music, and connection. Fun may look different now—but it still matters.

The future may feel uncertain, but this journey isn't meant to be faced all at once. It unfolds one moment at a time—one adjustment, one interaction, one connection. So yes, dementia is hard. But within it, there is still space for understanding, forgiveness, support, flexibility, emotional connection, and even joy. Dementia may change the path—but it does not erase the love along the way.

Practical Takeaways

Understanding Changes



Dementia is about more than memory loss. It can affect communication, judgment, emotions, and problem-solving. When families shift from asking “Why are they doing this?” to “What is their brain struggling to do right now?” it creates more compassion and less frustration..

Give Yourself Grace



Caregiving is hard, emotional work. Some days will feel manageable, while others may feel overwhelming. You do not have to do this perfectly. Patience with yourself is just as important as patience with your loved one.

Connection Still Matters



Even when memory changes, emotional experiences remain powerful. A calm voice, gentle touch, reassuring smile, or familiar song can bring comfort and connection. Your loved one may not remember every word, but they will remember how you made them feel.

Joy Is Still Possible



Dementia changes the journey, but it does not erase moments of laughter, love, and meaning. Small moments matter — sharing music, enjoying a favorite treat, holding hands, or simply sitting together can still create beautiful connection.

Calming your heart and holding your hand.

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