

UW Medicine

Living with Memory Loss

A basic guide



Second Edition, August 2019

“You go through the grief process and then you start living. Yes, there’s life after diagnosis.”

~ Myriam, living with dementia

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UW Medicine

Welcome

*From Dr. Tom Grabowski, Director of UW Medicine
Memory and Brain Wellness Center*

Dear friends,

Welcome to the UW Medicine Memory and Brain Wellness Center. Our mission is to promote the well-being of people living with memory loss and their families.

Our care team in the memory clinic is made up of experts in memory and brain health. We aim to provide outstanding care for you, every step of the way.

We have created this handbook as a resource for your life after your diagnosis. It contains information and insights from our team members, community partners, and others living with memory loss and their family members and friends.

We hope that this handbook informs, encourages, and empowers you for your journey ahead. We welcome your ideas and feedback on this handbook as we work to make it even more helpful.

Sincerely,



Dr. Tom Grabowski
*Director, UW Medicine Memory and
Brain Wellness Center*



Dr. Tom Grabowski