These are the thoughts I so wish I had access to just after I was diagnosed. It took lots of living to work out and work through these conclusions concerning the myths and stigmas that automatically come with the words

"Richard you have Dementia, probably of this or that type."

These are the words I wish someone far wiser and more experienced than I had spoken to me shortly after I was diagnosed.

live outside the

stigma

Confronting the Myths and Stigmas of Alzheimer's Disease and other Related Dementias from the Inside Out