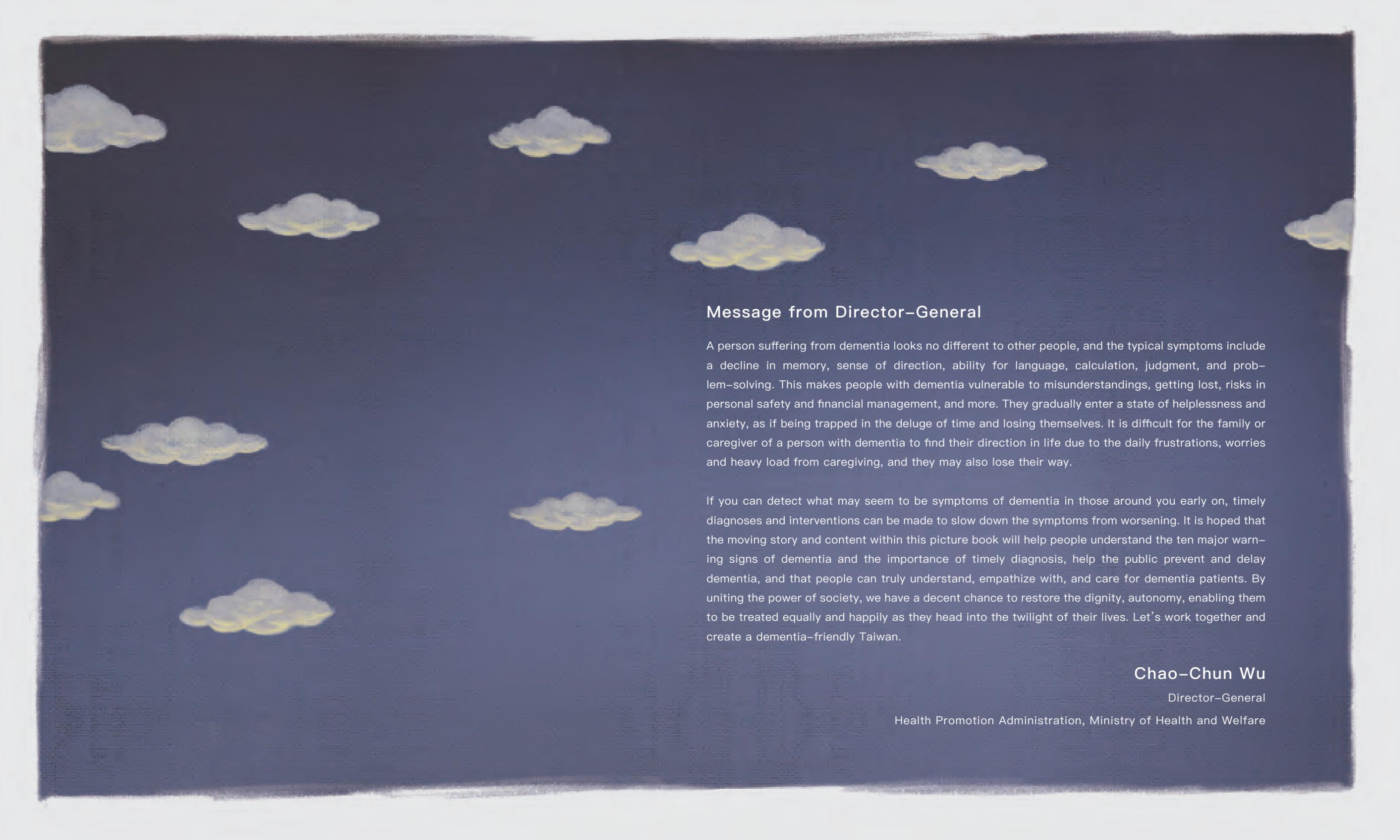




If You Lose Your Way



Message from Director-General

A person suffering from dementia looks no different to other people, and the typical symptoms include a decline in memory, sense of direction, ability for language, calculation, judgment, and problem-solving. This makes people with dementia vulnerable to misunderstandings, getting lost, risks in personal safety and financial management, and more. They gradually enter a state of helplessness and anxiety, as if being trapped in the deluge of time and losing themselves. It is difficult for the family or caregiver of a person with dementia to find their direction in life due to the daily frustrations, worries and heavy load from caregiving, and they may also lose their way.

If you can detect what may seem to be symptoms of dementia in those around you early on, timely diagnoses and interventions can be made to slow down the symptoms from worsening. It is hoped that the moving story and content within this picture book will help people understand the ten major warning signs of dementia and the importance of timely diagnosis, help the public prevent and delay dementia, and that people can truly understand, empathize with, and care for dementia patients. By uniting the power of society, we have a decent chance to restore the dignity, autonomy, enabling them to be treated equally and happily as they head into the twilight of their lives. Let's work together and create a dementia-friendly Taiwan.

Chao-Chun Wu

Director-General

Health Promotion Administration, Ministry of Health and Welfare

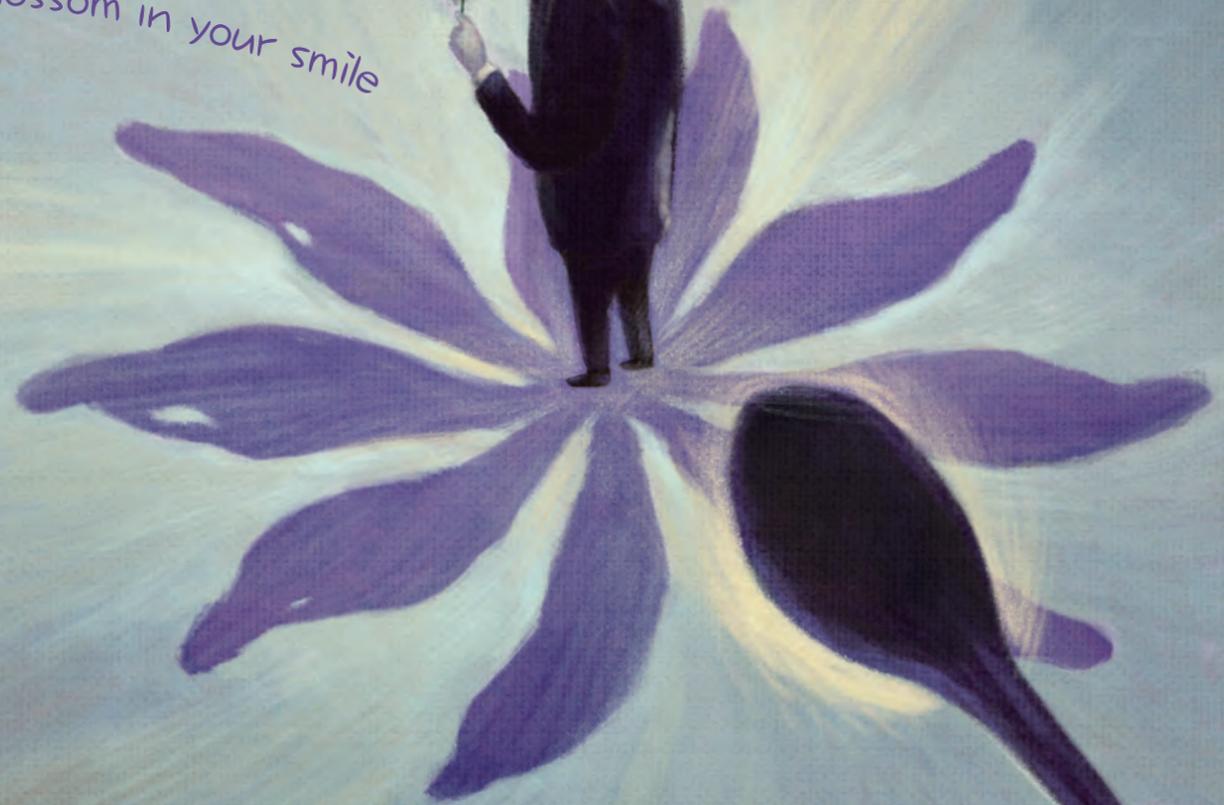
*If you lose your way in the crowd,
I'll comfort you with a giraffe to find the way*



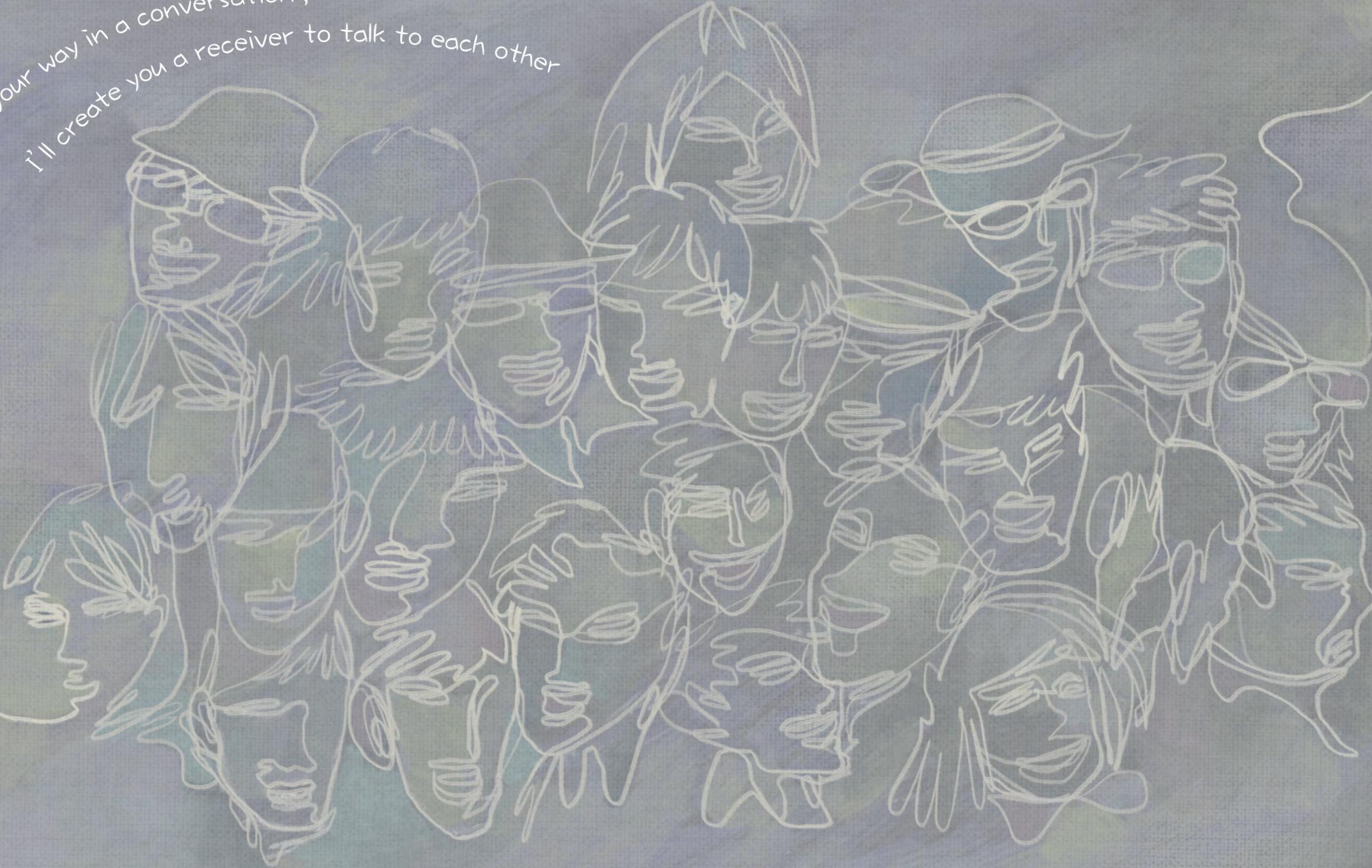
If you lose your way in tears,
I'll build you a submarine to keep moving forward



If you lose your way in time,
I'll plant you a flower to blossom in your smile



If you lose your way in a conversation ,
I'll create you a receiver to talk to each other



A surreal illustration of a valley between skyscrapers. The buildings are dark blue and black with a grid pattern of windows. A bright yellow path winds through the valley. A person in a white chair sits on the path. A white, wavy line extends from the chair across the valley. The scene is lit with a dramatic, low-angle light from the left, creating long shadows and highlighting the path.

If
you
lose
your
way in a
valley,

I'll prepare you
a chair
to rest on



If you lose your way in the dark,
I'll brighten you a shooting star
to guide you home

If you lose your way in life ,
I'll hug you to let you know love is always there





The most heart-warming companion for people with dementia.

Dementia warnings, please note the « dementia mantras »

- | | |
|------------------------------|--|
| 1 Memory impairment | 6 Recognition confusion |
| 2 Difficulty in planning | 7 Difficulties in expressing |
| 3 Declining competency | 8 Impaired judgment |
| 4 Misplacing items | 9 Removed from social interactions / Social distancing |
| 5 Time and spatial confusion | 10 Personality change |

If you notice any symptom in yourself or relative and friends, it is recommended that you seek early diagnosis as soon as possible, either through a neurology / psychiatric examination or by contacting a dementia care center.



Health 99+



Dementia-friendly
integrated resource
platform

For related health education information, please scan the QR code to link to HPA's Health 99+ official website or dementia-friendly integrated resource platform.

About the author : **Michael Dee**, Chief Creative Officer, United Communications Group

Michael Dee is a creative with over 3 decades of experience in advertising and is currently the Chief Creative Officer of United Communications Group. He has created successful advertising campaigns for many brands and products and has received multiple international and local creative awards. Since his mother is a dementia patient, during his time with her, he felt his mother's confusion, anxiety and helplessness, just like a person who is lost all the time, and he also deeply felt the powerlessness and frustration of caregivers of dementia patients. Thus he created this picture book, inviting his creative partners Shih-Yen Lee, Bomb Su and illustrator Kyo to help him complete "If You Lose Your Way". It is hoped that through this book, more people can come to understand dementia patients and become willing to offer assistance and care; at the same time, the relatives of dementia patients can read this book with them and hopefully receive some comfort from it.

About the illustrator : **Kyo**, cross-discipline visual art creator

Multiple identities as an advertiser, polar region photographer, designer, illustrator, travel author...

His illustration works have won gold medals in major international advertising awards, and his photography works have also done so at major international photography awards. He specializes in visual image narratives and has a deep love for the polar regions and the aurora borealis. He has trekked in the North and South Poles, to the coldest village in the world in Siberia and other places all in search of Earth's primal beauty. This time, Kyo was invited by Michael Dee to create illustrations for the "If You Lose Your Way" picture book.



If You Lose Your Way



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