Aloha kākou,



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Mahalo for your interest in *Pomai and Papa: Growing Up with Memory Loss and Holding on to What Matters Most.* This story is intended to support young people who may find themselves living with or caring for an older person with dementia. Dementia-related changes can be confusing, scary, and difficult at any age. *Pomai and Papa* is intended to demystify what happens when someone you love is diagnosed with Alzheimer’s disease (the most common cause of dementia).

This storybook is intended for children 8 - 12, although we believe it will be useful to people of all ages. This book can be distributed as a stand-alone resource or as a guide for facilitated discussion with young readers. If a young person will be reading alone, it is recommended that the “Youth Use Guide” be provided to the reader as well.

If you are an adult supporting a young person, try patient converations that begin with aloha and compassion. **Supportive dialogue can include questions like:**

* *Tell me more about your* \_\_\_\_\_\_\_ (Papa, Tutu, Aunty, Uncle, etc.)
* *What kinds of things do you like to do together?*
  + Remind them that many of these things can still be done

together, some with small modifications.

* *Who can you talk to when things get tough?*

**Some points that will be useful to reinforce are:**

* *Youth are not alone in this challenge*
  + There are other young people living with and caring for elders with dementia.
  + There are supportive adults ready and willing to help.
* *A person with dementia may sometimes be confused, but they can*

*still feel your patience and kindness.*

* *There are many things that youth can do in support of a person with*

*dementia and the larger family.*

* *Dementia is a symptom of changes in the brain. It is not part of normal aging, but it is more common in older people than younger people, and is increasingly prevalent in people age 85 and older.*

We appreciate your interest in this project and hope Pomai can be a friend to a young person in your life who is navigating some complicated feelings.

Please include the short framing document we’ve created for youth when sharing *Pomai and Papa* with a young person. If you are willing to provide feedback on the storybook, please go to [bit.ly/PomaiSurvey](file:///C:\Users\Hakupuna00\Downloads\bit.ly\PomaiSurvey) to complete a short questionnaire.