

I am that somebody

I know I look older and fragile, I know I seem less on the ball.
Don't **judge me inept** or quite useless, or treat me as though I were small.
Look at me **like I'm** an equal in the way you like to be seen,
don't strip me of any self-confidence, I hope you know what I mean.

I've been a mother of several and a woman devoted to life,
good humoured and really hard working, a loyal, dependable wife.
I haven't always been 'fuddled' or repeated myself many times,
I'm a woman who now has dementia and **sometimes the sun doesn't shine.**

Let me please dance with you gently, take my hands and guide me the way.
The music will unravel my passion and my body will suddenly sway.
Give me time to see all the beauty and the chance to smell a fresh rose,
I may be lost in the moment with a memory that suddenly glows.

Don't let me struggle and flounder, please show me the way to relive,
give me a key to my future and all those moments that give.
I know I now have dementia but I don't want a prison for one,
just let me walk in the garden and feel the warmth of the sun.

Please allow me that extra minute, so I have more time to respond,
as patience is truly a virtue for this second and many beyond.
I have my story to tell you, please just be seated and hear,
my travels, and **life's funny** journeys, the things that I hold very dear.

Don't think of the illness as final or see me as over the hill.
Look at the person inside me, who still has ambition and will.
As I go on my latest adventure and take a few risks on the way,
I'm **living my life** in the moment, just living it for every day.

Teresa Harrison-Best
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