

# Keeping a Positive Attitude

“These things happen to you and I think you just have to accept them.”

**Accepting**

**Being Realistic**

“But I just sort of say to myself, you know I have Alzheimer’s. I’m going to forget words.”

“He’s very appreciative and I tell him how much I appreciate that. It makes it much easier.”

**Being thankful**

**Changing Expectations**

“And if the ironing doesn’t get done this week, it doesn’t get done...I’m way more relaxed in that sort of thing.”

“I think we take our challenges. Like, ah, we get lemons and we make lemonade.”

**Facing the Challenge**

**Faith and Prayer**

“We have a lot of faith...a lot of accepting, surrendering and trusting that God’s going to bring people into your life.”

I’m happy to give up the stuff that I like to do because I have a tall job and that’ looking after my wife.”

**Finding greater purpose or**

**Focusing on abilities**

“As long as I can do it- I’ll do it and I’ll be there for others to help

“I’m just happy to be here, happy to be alive; and what happens, I just go with it.”

**Focusing on basics**

**Going through things together**

“As long as we have each other we can just withstand any bump in the road.”

“Most of the things that happen now, we laugh about it.”

**Having a sense of humor**

**Letting go**

“I don’t really think it’s an issue, that it’s not really affecting anything that’s going on, I just let it go.”

“When you live in the moment, a lot of things that used to be important for you aren’t anymore.”

**Living in the moment**

**Taking it one day at a time**

“Well you know me, I take it as it comes.”

“Sometimes I have to sit back and say...it’s part of the disease.”

**Viewing change as part of the disease**