20 Questions to Ask Yourself When a Loved One With Dementia Doesn’t Recognize You Anymore

Sometimes we get stuck. We lose perspective. When that happens, it’s often helpful to ask questions. Here are some to ask yourself when someone you love who has dementia doesn’t recognize you anymore:

1. Do babies recognize and call by name those who care for them?
11. How important is it for the people in my life who have dementia for me to “see” them?

2. Does the fact that babies do not recognize their parents as individuals cause their parents to love them any less?
12. Based on the behaviour of my loved one when s/he doesn’t recognize me, does not recognizing me or others seem to cause them a great deal of lasting pain and/or suffering?

3. What kinds of things do babies sense from those who care for them?
13. How important is it at this stage in my life for her/him to “see” me?

4. Are those things contingent on babies recognizing who cares for them?
14. How important is it for people in general to be seen?

5. What do I feel when the person I love who has dementia does not recognize me?
15. If it is important for people to be seen, why is it important?

6. What is at the core of my upset when my loved one does not recognize me?
16. If I don’t see and love the people who are close to me who have dementia, who will?

7. Is recognizing me going to make their life any better?
17. What would happen if I let go of my need for them to recognize me?

8. Does not recognizing me make their life any worse?
18. What does love mean to me?

9. Do they not recognize other people, or is it just me they don’t recognize?
19. What does compassion mean to me?

10. Does it matter if they don’t recognize other people?
20. What is at the core of being human?