

Insights from Persons Living with FTD

Help & Support



From the Persons with FTD Advisory Council

I will do my best to:

- **Understand** my FTD in my life and the lives of others
- **Advocate** for myself and learn what works and does not work for me
- **Learn** from mistakes of the community, forgive myself and never give up on myself or others
- **Ask** you to be patient with me
- **Care** for myself holistically and be kind to myself
- **Seek** your help when I need it as it allows me to maintain some independence:
 - If you see me struggling or putting myself at risk, then ask.
- **Ask** that you allow me the time to complete my words and sentences when I am struggling:
 - Please don't talk over me
- **Realistically** manage my expectations
- **Contribute** to building my care team
- **Participate** in my care with my medical team and bring my voice into the decision-making process
- **Remember** I am not failing myself or my loved ones/care partner; it is not me but my disease
- **Share** **AFTD Awareness Cards** when out in public (theaftd.org/living-with-ftd/resources/awareness-cards)

"There is life after being diagnosed with FTD. Yes, we lose a lot of skills and abilities, and our personalities can change dramatically, but I am still me; I can contribute and enjoy life!"

This is not an end but a new journey!"

The Association for Frontotemporal Degeneration

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