

Please Be Patient Cards

A small card to hand to a cashier, a server, a nurse — so you don't have to explain.

DAY TO DAY DEMENTIA

Why these exist

Almost every caregiver has had the moment: you are in a checkout line or a waiting room, your person becomes confused or loud or slow, and suddenly the whole place is watching. You are trying to help them and explain yourself at the same time, and you can do neither well.

Hand someone a card instead. It ends the staring without a conversation, and it lets you keep all of your attention where it belongs.

What's in this file

- Page 2 — Card fronts, 10 per sheet, with cut lines. Any printer, any paper.
- Page 3 — Card backs, 10 per sheet, with cut lines.
- Page 4 — Card fronts aligned to Avery 5371 / 8371 business card sheets.
- Page 5 — Card backs aligned to Avery 5371 / 8371.

How to print

- Print at 100% / Actual Size. Do not choose "Fit to page" — it will shift the alignment.
- Plain paper works. Cardstock (65 lb or heavier) holds up far better in a wallet.
- For double-sided: print pages 2 and 3 (or 4 and 5) back to back, flipping on the long edge.
- All ten cards on a sheet are identical, so a small misalignment will not spoil anything.
- Single-sided is fine too. The front alone does the job.

How to use them

- Keep a few in your wallet, your car, and the bag you take to appointments.
- Hand it over quietly rather than announcing it. Most people soften immediately.
- In an ER or a waiting room, give one to the person at the desk when you check in.
- You do not owe anyone an explanation. The card is there so you don't have to give one.

Free to print, copy, and share. Please pass them on to anyone who needs them.

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Practical, honest company for people caring for someone with dementia.

PLEASE BE PATIENT

The person with me is living with dementia.
They may need extra time, may repeat
themselves, or may seem confused.

Your patience means more than you know.

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A FEW THINGS THAT HELP

- Speak to them, not about them
- One question at a time
- Give them a moment to answer
- A calm voice does more than volume

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