

eos et, cura qui, *



Keep placid amid our noise and confusion, and remember what peace there may be in silence.

Speak your truth quietly and clearly; and listen to us, even if we seem dull and ignorant; we too have our story.

Avoid being loud and aggressive to our person; it is vexatious to our spirit. Don't compare yourself to us, you may become vain or bitter, for always there will be greater and lesser persons than ourselves.

Enjoy our achievements as well as our plans. Keep interested in our own life, however humble; it is a real possession in the changing fortunes of our lives.

If we exercise caution in our business with you, it is because the world is full of trickery. But let this not blind you to what virtue there is in us; we may strive for high ideals and falter, but everywhere there is life full of heroism.

Be yourself. Especially, do not feign your affection. Neither be cynical about our abilities nor patronising; for in the face of all aridity and disenchantment, our spirit still lives.

We take kindly the counsel of your years, and gracefully seek your compassion.

Nurture our strengths and help us in our misfortune. Do not distress yourself with dark imaginings. Many of our fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with us. We are all children of the universe no less than you or the trees and the stars; we all have a right to be here and to be heard.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with us and with your God, whatever you conceive Him to be.

And whatever our labours and aspirations have been in the past, in the noisy confusion of life, keep peace with us. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.



Dedicated to those who care about us and to those whose help makes our lives easier, from all of us with a Dementia.

Adapted from Desiderata (Max Ehrman 1927) by Dennis Frost PWD 2016

* To those who care – Latin translation.