

Name: _____

The following is a list of basic emotions that research has shown are common to people of all ages and from all cultures.

See how many words you can think of that express the variations of each of these feelings. Try adding more examples as you come across them in your reading and viewing.

Fear	
Disgust	
Anger	
Surprise	
Happiness	
Sadness	
Amusement	
Excitement	
Contempt	

Name:

Read each statement below and discuss whether it is fact or fiction.

1. **Alzheimer’s disease and dementia are the same thing.**

2. **Dementia can affect only people over the age of 65.**

3. **Dementia is not a normal part of getting older.**

4. **When a person with dementia mentions something from the past and thinks it is the present, you should correct them so they know the right facts.**

5. **Dementia cannot be cured.**

1. Alzheimer’s disease and dementia are the same thing.

Fiction: Alzheimer’s disease is the most common cause of dementia, but the term “dementia” doesn’t refer to a disease. It refers to a group of symptoms that are caused by disorders affecting the brain.

2. Dementia can affect only people over the age of 65.

Fiction: Although dementia is more common among older people, it can occur as a result of brain damage due to a head injury, stroke, alcohol abuse, or brain infection, among other causes. These factors are not necessarily related to aging.

3. Dementia is not a normal part of getting older.

Fact: Almost 40% of people over 65 experience some degree of memory loss. But occasional forgetfulness and dementia are very different things. Dementia is a medical condition, not a natural part of aging. Many people live well into their 80’s and 90’s with little or no change to their memory.

4. When a person with dementia mentions something from the past and thinks it is the present, you should correct them so they know the right facts.

Fiction: Much of the time it isn’t necessary and can actually make things worse. Constantly being corrected can cause a person to become depressed or further confused. If a person mistakenly describes doing something yesterday that actually happened years ago, focus on asking about what they did, how they enjoyed it, etc., rather than on trying to explain that they’re mistaken.

5. Dementia cannot be cured.

Fact: Dementia currently has no cure. However, there are methods for helping people cope. These focus on managing the person’s symptoms and improving their quality of life.

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Instructions: Locate the passages from *Minding Nana* listed below and reread them in your group. Then list the emotions you think that Tanya experienced in each case.

Situation #1 (pp. 5–6)

Tanya and her dad are driving in the car and she asks when Nana’s memory loss began. He relates a story about “the chicken farm” and then states that Nana had a “nervous breakdown” and was never the same after her experiences in a mental health facility. Tanya’s father was only five years old at the time. *What emotions do you think Tanya felt toward her Nana and what she had experienced? What emotions did she feel for her dad?*

Situation #2 (pp. 8–9)

Tanya’s parents are out and Nana is staying at the house. Tanya awakens with a fever and heads down the stairs, only to find Nana and not her parents. She chooses to not tell Nana what is happening. *What emotions do you think Tanya is feeling toward Nana? Why didn’t she tell her what was happening? How do you think Nana would feel if she told her?*

Situation #3 (p. 13)

When Nana’s pills need to be organized and given to her, Tanya is given the responsibility of making sure that Nana gets the medication she needs. *After rereading this passage, how do you think Tanya feels about this responsibility? How would you feel?*

Situation #4 (p. 14)

Tanya feels many emotions on page 14. First, Nana tells Tanya that she looks “smart.” This is not what Tanya wants to hear. She then talks about how difficult high school is. Finally, she talks about the home care nurses coming. *What emotions do you think Tanya is feeling in these situations? Why do you think she feels these emotions?*

Situation #5 (p. 17)

Tanya struggles to remember when Nana was healthy, but she has a hard time. *Reread the entire page. What emotions does Tanya experience as she talks about Nana? How would you feel if this was your family member?*

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Situation #6 (pp. 18–19)

Tanya has been given the responsibility of serving Nana her lunch on Wednesdays. *Reread these two pages and identify the various emotions that Tanya is feeling. Would you feel the same way?*

Situation #7 (p. 20)

Tanya's cousin comes for a visit and the topic of dementia comes up. *Read page 20 and identify what emotions Tanya is feeling during this discussion. Would you feel the same way as Tanya and her cousin? Why?*

Situation #8 (pp. 22–33)

Nana has gone for a walk and lost her way. Reread the chapter. *How would you describe what Tanya is feeling in this chapter? Who else is feeling the same way? What would you suggest the family do?*

Situation #9 (pp. 24–25)

Tanya goes through a variety of experiences in this section. Reread the chapter. *Identify the emotions that Tanya feels as she goes through these experiences. Do you notice any changes in the way Tanya feels about her Nana? What are they? How do you feel for Tanya now?*

Situation #10 (pp. 26–27)

Reread the chapter. *Tanya experiences many emotions during this difficult time. What are they? If you were her friend, what could you do to help her?*