

Hello!

My name is Richard Taylor. I live in Houston Texas and I have Alzheimer's Disease.

You may ask, Why is Richard Taylor speaking to me as this web page opens? Here is why.

I am one of more than nine million Americans who have dementia, probably of the Alzheimer's type. There is an additional four million people who live each day with other forms of dementia.

I am just like you, only I have a disease called dementia and you don't.

I am here with Optimal Life Designs to refute through my own life experiences many of the myths associated with dementia.

As you explore this website, go to its recommended links and listen to other people in the same boat as me, we hope you will reexamine your own beliefs about the disease and the people who have it.

We are fully formed human beings.

We treasure our dignity just as you do.

We like to maintain our own sense of privacy.

We want to enjoy life to its fullest.

We may not achieve all our goals exactly as you do.

None the less, we have these same needs and wants just as you.

Sometimes I think and act differently than you. Like you, I sometimes worry about my self esteem. My ego gets bruised. I worry too much about what others think of me.

Some of my fellow travelers down this road with dementia do not see as well as you or I and do not hear as well. By the way, did you know some of them are in their thirties, their forties, even more in their fifties and the plurality of them are over sixty? Yet just like you and me, they are human beings.

We are dads, moms, sons and daughters. This never changes.

To a greater or lesser extent, we are a sum of our past experiences, complex, greatly varied, always interesting and eager to learn about you.

We hope you are also eager to know more about each of us and who we are.

Please explore this site with the goal in mind of helping yourself and all others, regardless of whether or not they exhibit symptoms of dementia, to be all we each can be, for every moment of our lives, until we pass with death.

Thank you.

Richard