



Time with Josh

An interactive booklet about
the impact of Alzheimer's
disease on families
and children.



Watch the full story of Josh
and his family

'Where the Ocean Meets the Shore'



Time with Josh

Welcome to **Time with Josh**, an interactive booklet that helps you continue the conversation about the impact of Alzheimer's disease with your children.

Each chapter is broken up into 3 parts that feature fun activities to help you explore the topics and understand how Alzheimer's can affect family dynamics.

Josh's story

- Josh explains to the reader aspects that have changed in his life since grandma moved in

Let's talk together

- an opportunity to discuss the story

Let's explore your story

- activities to help your child understand the challenges they are facing

Chapter 1: *'Meet Josh'*

Chapter 2: *'Family'*

Chapter 3: *'Thinking'*

Chapter 4: *'School'*

Chapter 5: *'Reflection'*

What you'll need for the activities:

- Scissors / craft knife
- Thin cardboard (a cereal box would be great)
- A color printer and printer paper or thin card stock
- Glue stick
- Coloring pens, pencils or crayons
- Stickers, ribbon, felt or any other papercraft items you have
- Paper fastener

Hi! My name is Josh. One of my favorite places to visit is the sea. Have you ever been to the sea?



I live with my family in the lighthouse up there – cool, eh?



I love visiting the ocean with my grandma. I used to come here all the time with her – she lives with us now but doesn't always feel well enough to come down here.

Let's talk together

Josh loves the beach, but he can't visit the beach as much as he used to with his grandma.



What is a special place that you visit with your family?

What fun activities do you like to do with your family and friends?



Let's explore your story
Tiny theater

You can print your own tiny theater on page 33

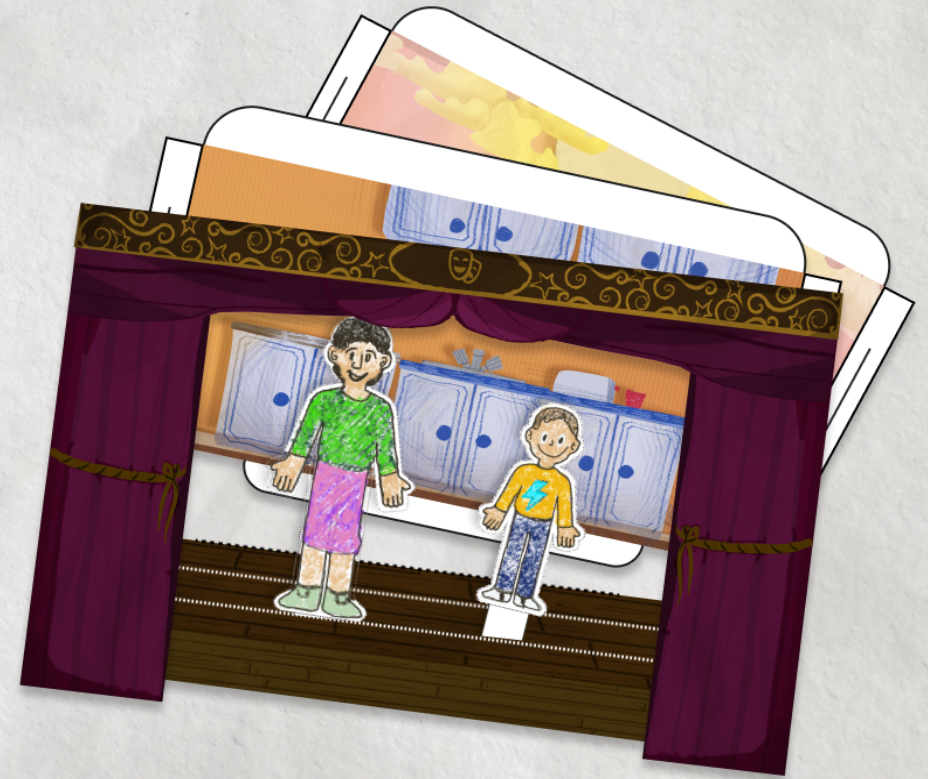


Remember a special time you had with people in your family.

Where was it?

Who was there?

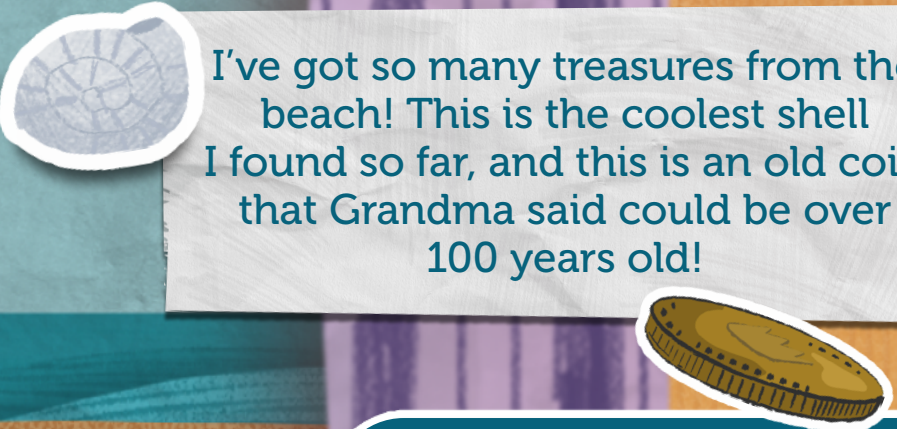
From your memory, create this scene to use in a tiny theater.



Think about:

- The characters in your scene.
- What are they saying? What are they doing?






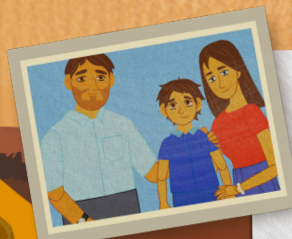
I've got so many treasures from the beach! This is the coolest shell I found so far, and this is an old coin that Grandma said could be over 100 years old!



She said "it might be a pirate treasure" – how cool is that?



I remember when we found it, we saw a big storm across the sea, all the clouds were flashing with lightning!



I thought that maybe the pirate captain would come back for his treasure. When I said that to Mom and Dad, they laughed pretty hard. I haven't seen them laugh like that for a long time.

Let's talk together

Josh is feeling that his family hasn't been so happy since things have changed with Grandma.



Why haven't Josh's parents laughed together in a long time?

Has your family ever experienced a hard time?

How did you deal with it?



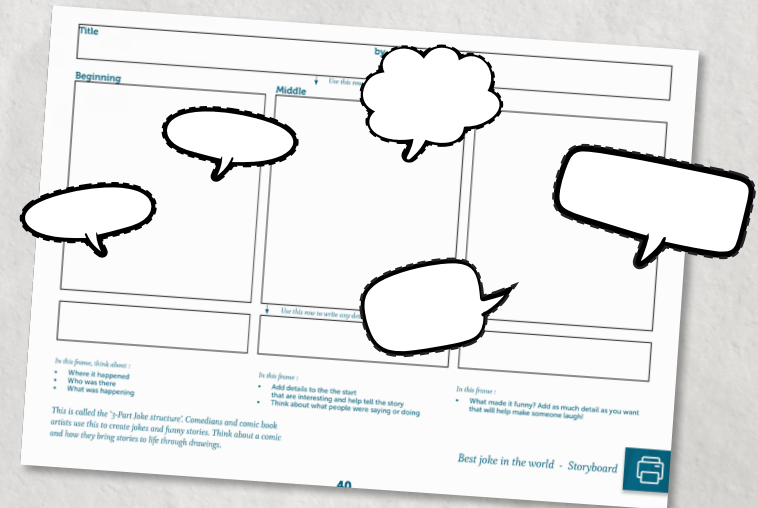
Let's explore your story
The best joke ever!

Can you remember a time when your family all laughed together?

Using the storyboard provided, could you make that situation as a comic strip?

Once you've finished, see if you can bring back the laughter by sharing your picture with your family.

Jump to pages 40-41 to find a place to make a picture of your joke, and some cut-outs to help bring it to life!



Think about:

- What makes you laugh?
- Is there anything you share with your family that makes you all laugh?



Since Grandma moved in, Mom and Dad have been learning a lot about Alzheimer's.



Mom and Dad told me it's a disease that can make you forget things.

It's weird. Even though my grandma is here, it's like **she's a different person**. She forgets lots of things and sometimes her mood changes. My mom says it's the 'Alzheimer's'. It makes Grandma say or do things that she doesn't mean.

It's not her fault, and she still loves me.



Sometimes this makes Mom and Dad really sad. It makes me really sad too. Grandma is changing.

She's not the person that I remember.

Let's talk together

Josh says his grandma forgets things and her mood changes, but he doesn't always understand why.

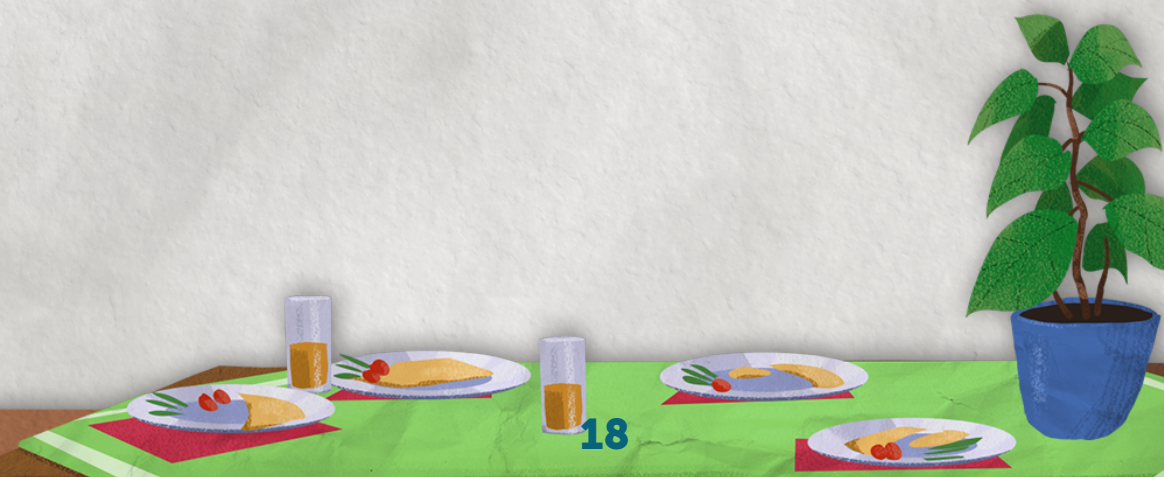


How do you think this makes Josh feel?

Do you have a family member that has Alzheimer's or another form of dementia?

What are some changes you've seen in them?

How does it make you feel?



Let's explore your story
Emotional whirl

You can find instructions on how to build your feelings spinner on page 42



With so many things happening around you right now, it's hard to share how you feel sometimes.

It's ok to talk about your feelings. Use the feelings spinner to help you.

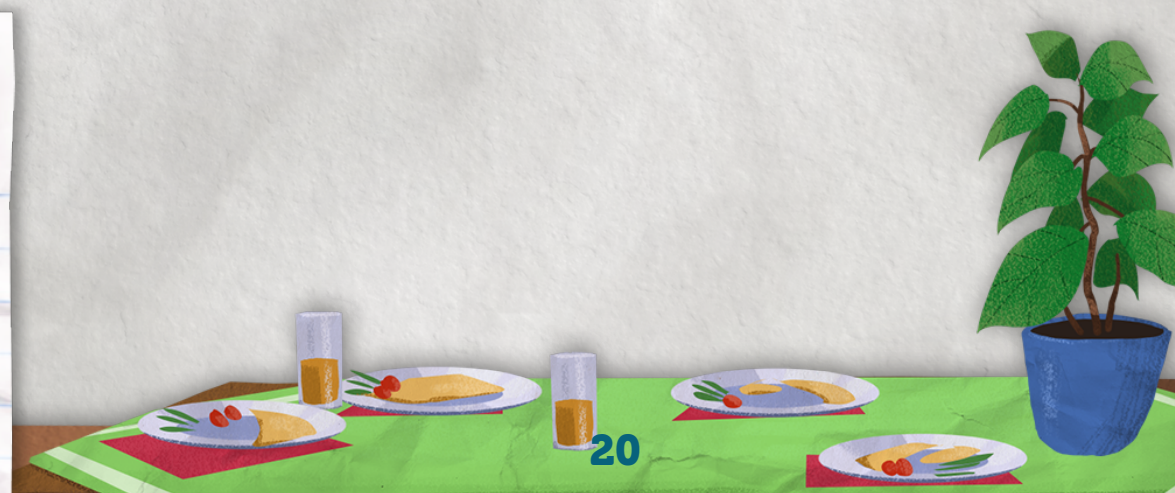
Spin the arrow and try and remember a time you felt like the emotion it lands on.

Pass it on to another person and get them to do the same!

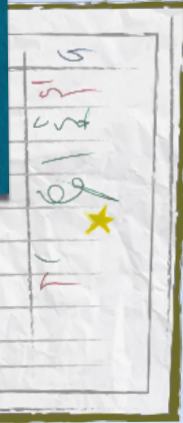


Think about:

- How have you been feeling lately?
- What emotion are you worried about landing on?



I love school. I get to play with my friends and I love learning about history – I hate math though!



Today during journal time, our teacher asked us to write about the happiest time in our lives. I was sad because my happiest time was when Grandma could remember.

"Sometimes I am happy, sometimes I am sad and sometimes I'm upset. Mom and Dad say it's ok to have all of those feelings. I guess I had trouble saying how I feel because I miss being able to see Grandma like she used to be."

For me it can be easier to draw and write things down, because it can be hard to show my feelings. My mom and dad are always asking me questions about how I feel, but I don't always know how to share what I'm feeling inside.



Let's talk together

Josh uses writing and drawing to express himself when he finds it hard to speak out loud.

How does Josh's journaling time help him share his feelings about his grandmother?

What are some ways that you like to share your feelings when you're feeling happy, sad, or mad?



Let's explore your story
All about them

Find or print a photograph or draw a picture of the person in your family who has Alzheimer's.

What is the first thing that photograph or picture makes you think about?

Collect/draw those things that you think of when you look at the picture.

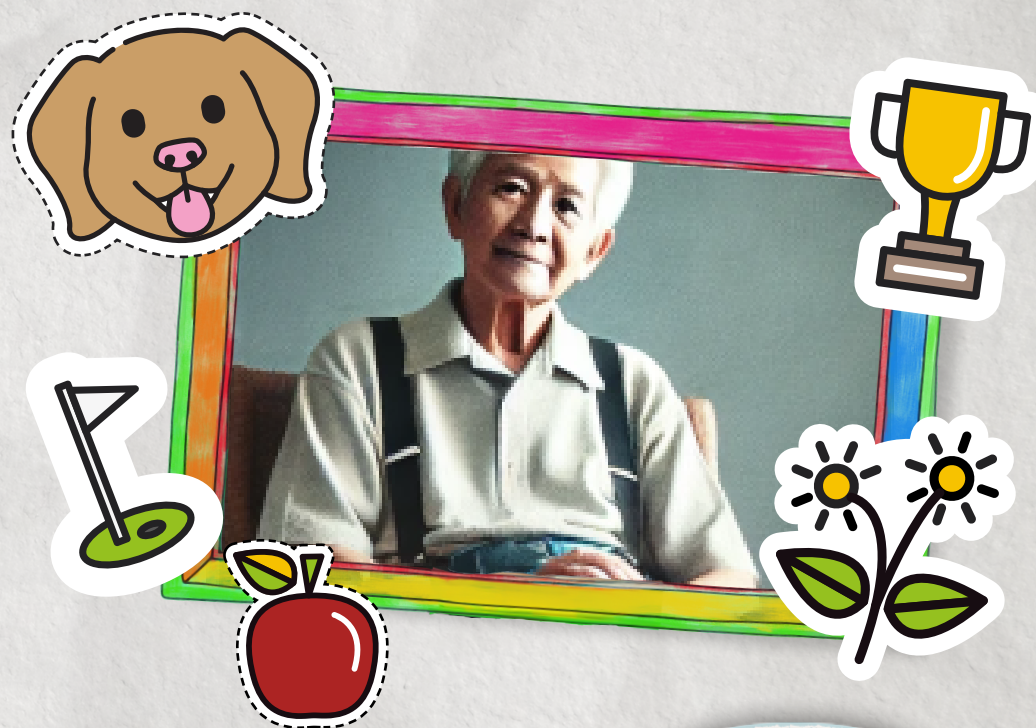
Decorate your special picture. Perhaps show the person and tell them about why you decorated the frame the way you did!

Think about:

The person in your family who has Alzheimer's;

- What do you love about them?
- How do they make you feel?

Instructions on how to make and print this frame are on page 43



Sometimes Grandma has good days, and we color or listen to music and sing together. But Mom says those days will happen less as Grandma gets worse, which makes me sad.



I overheard Mom talking to someone about Grandma's Alzheimer's today. She said that Grandma will need special care later on.



No matter what, Grandma's disease will never change the way I feel about her. I still love her. Especially remembering all the things we've already done together.

I've enjoyed spending time with you, but it's getting late. I'm on my way home to have dinner with my family.



Let's talk together

It's helpful to talk things through with a friend, like Josh has done today.



What would you like to tell Josh about your own family?

If you could ask Josh more questions about his grandma, what would you ask him?



Let's explore your story

A memory box of your own

Can you make a memory box like Josh?

Ask a grown-up for an old shoe box.
(You can create a memory box out of any box with a lid.)

Start to collect things that remind you of the person you know with Alzheimer's'.

Maybe collect things from around your home that remind you of them. Ask other family members what memories they would like to keep too.

Think about:

- Capturing some memories on pieces of paper, fold them up and put in the box
- A way to capture their story

You can find a label to print off for your memory box on page 45



For your memory box, collect things from times you've spent together. Items like photos, small toys, ticket stubs, or items you find on nature walks.

(oh, and make sure whatever you collect is clean and dry - otherwise it might get a bit smelly!)



Tiny theater - How to make

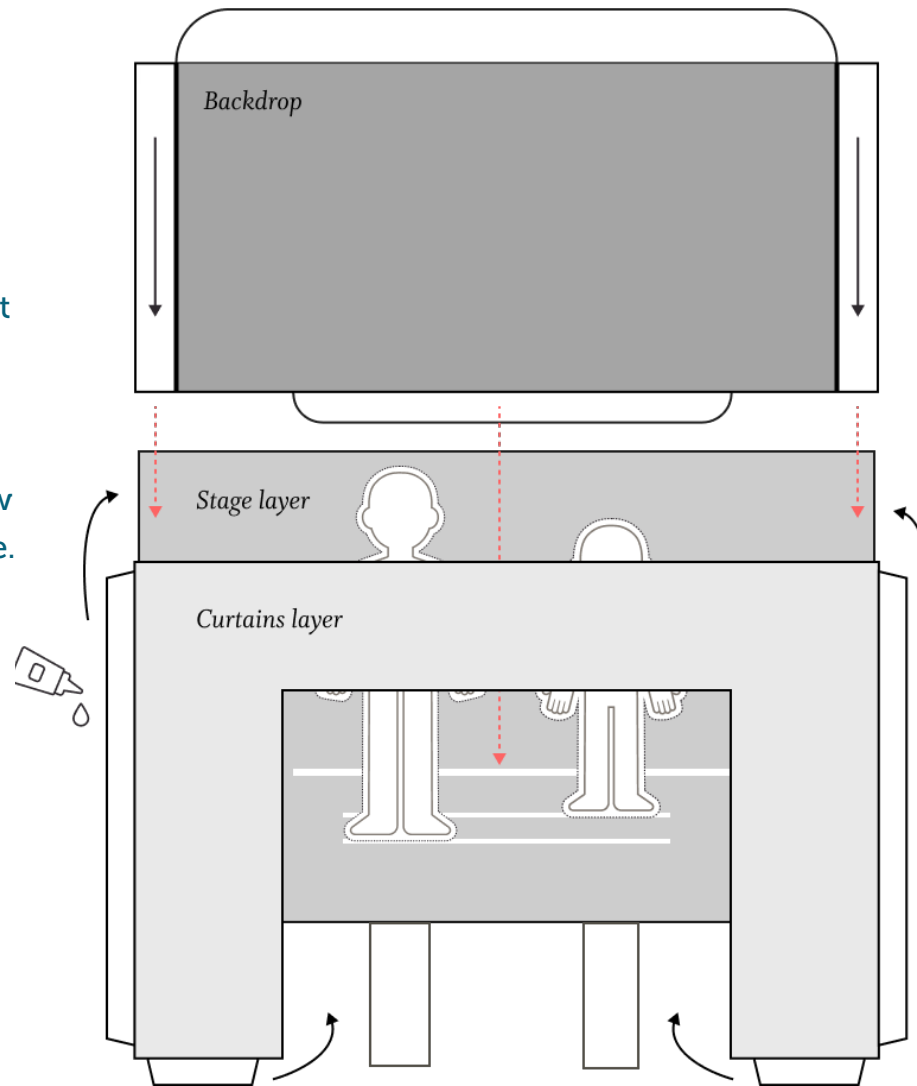
First, print out each one of the parts marked 'Tiny theater' in this section.

If printing at home, try and print out at the best resolution you can and if possible print directly onto thin card stock. Alternatively, stick the print out to an empty cereal box or other thin cardboard.

Carefully cut out each part and follow the assembly instruction on this page.

*Fold the tabs back on curtain part.
Fold the side and bottom tabs
behind the stage part.*

*Using a glue stick, stick down the tabs
creating an 'envelope' for the background
and actors to go.*

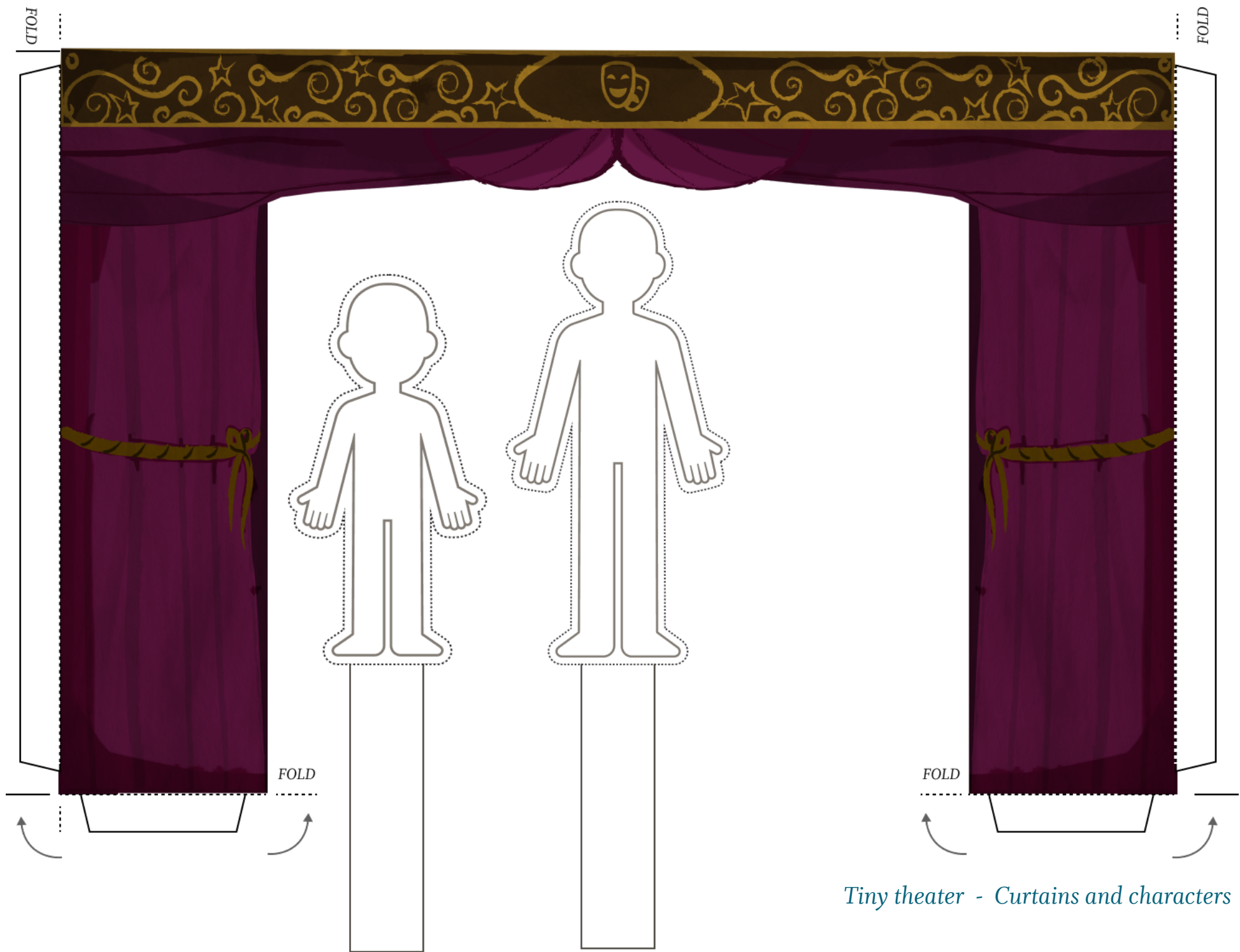


There are several backdrops for you to use, or you can design your own using the blank background provided.

Slide these in behind your characters. They have a small tab at the bottom that can slide into the slot in the stage.

Each character has a slot to allow them to be changed or slide around the stage part.

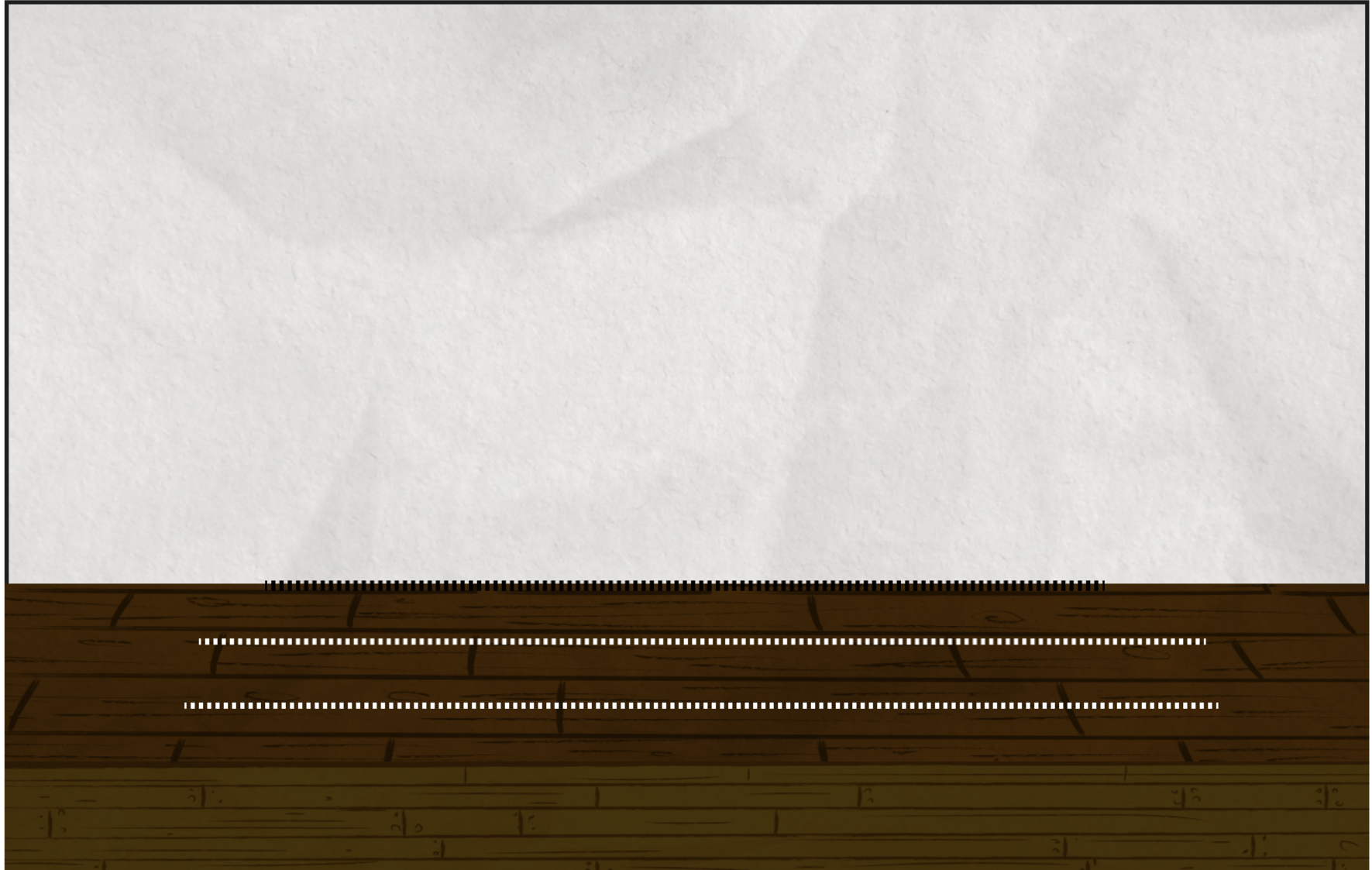
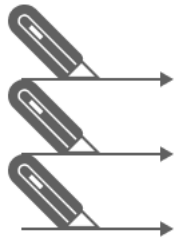
Top tip: *Attach your characters to popsical sticks so you can make them wiggle!*

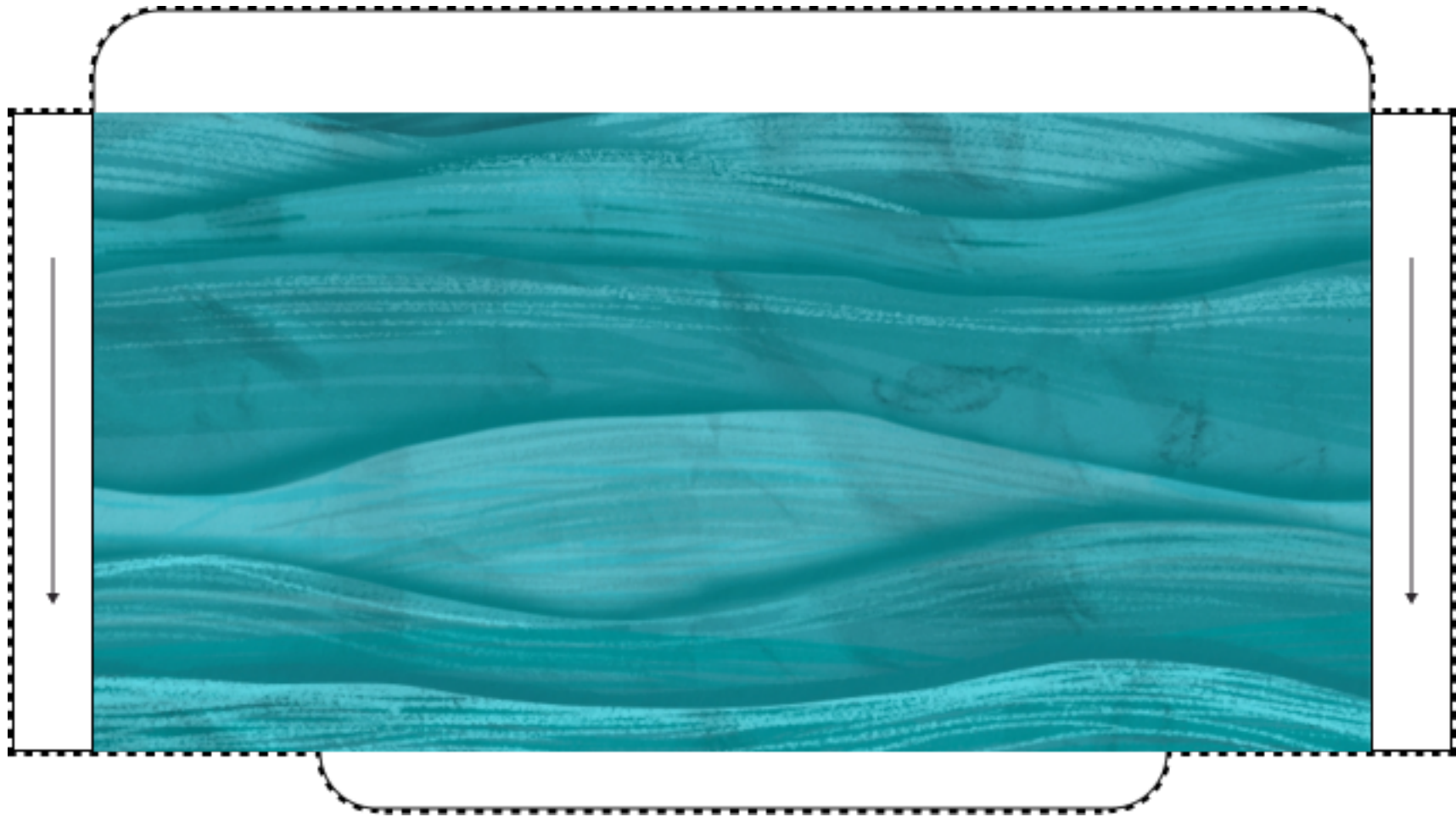


Tiny theater - Curtains and characters

Top Tip: Use a bit thicker card to stick this to.

*Ask an adult
to use a craft
knife to cut
through the
dotted lines*





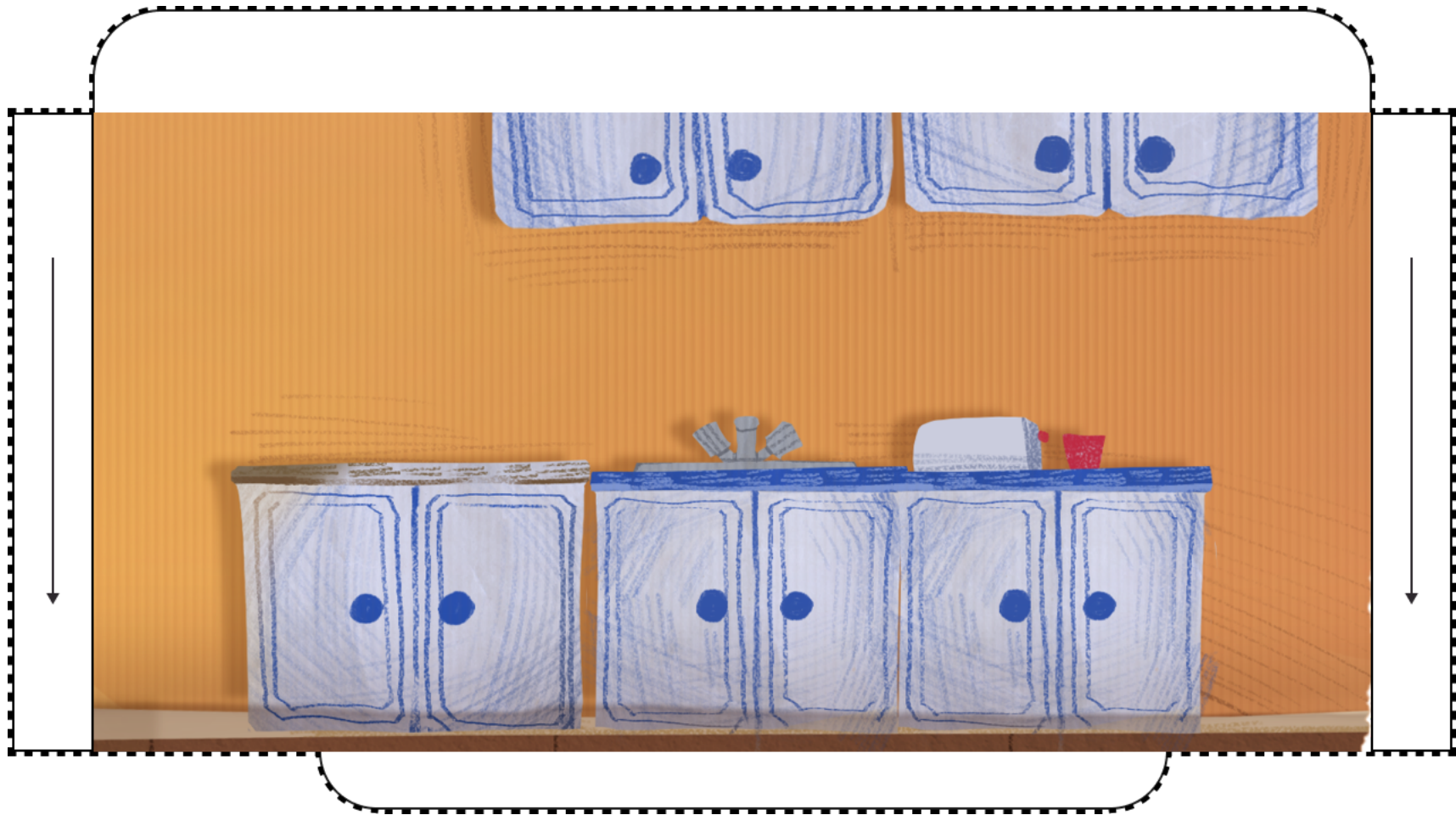
Tiny theater - Sea Waves backdrop





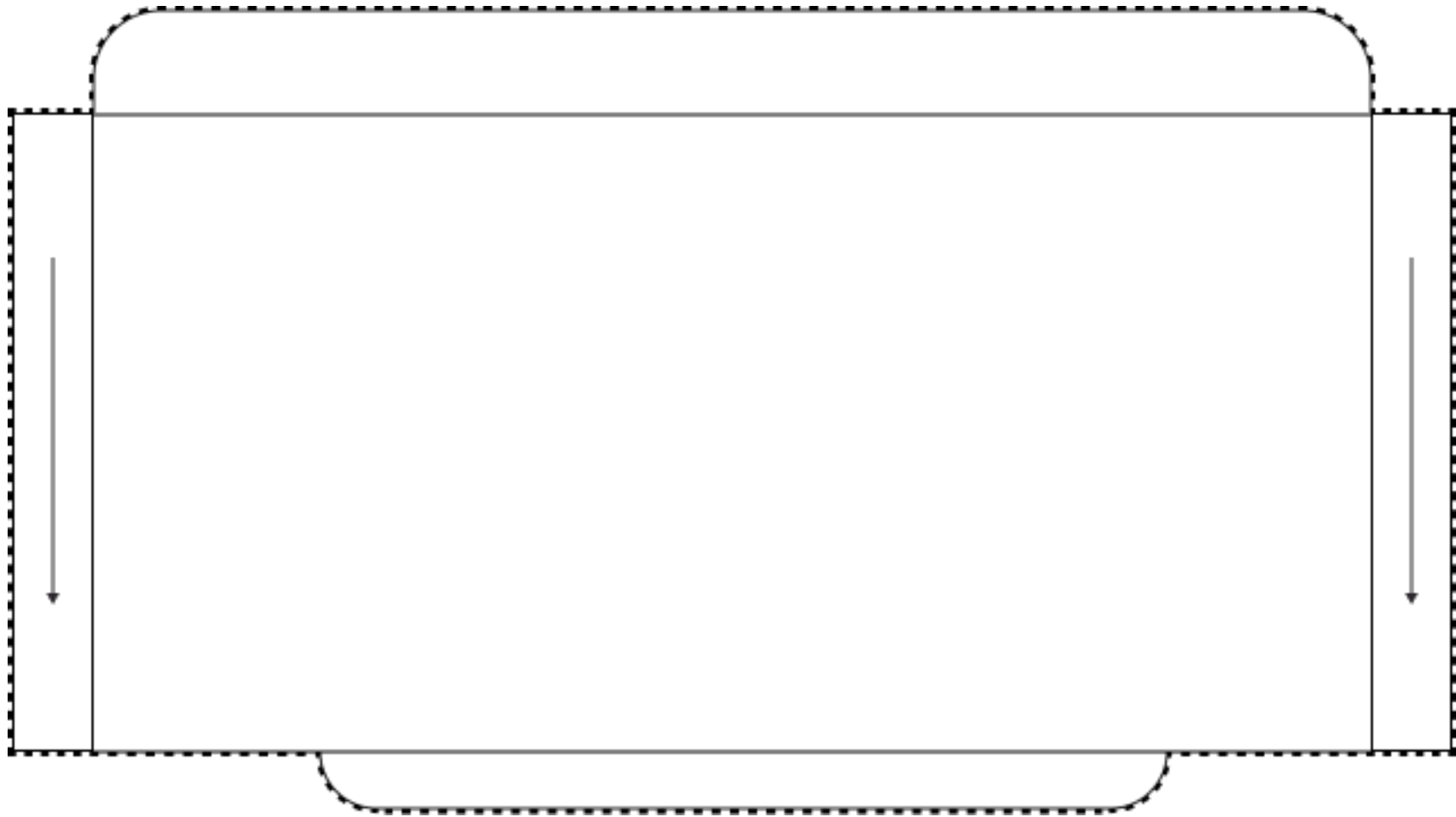
Tiny theater - Sunset backdrop





Tiny theater - Kitchen backdrop





Title	by
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↓ Use this row to draw your joke ↓

Beginning

Middle

End

↓ Use this row to write any details to help tell your joke ↓

In this frame, think about :

- Where it happened
- Who was there
- What was happening

In this frame :

- Add details to the the start that are interesting and help tell the story
- Think about what people were saying or doing

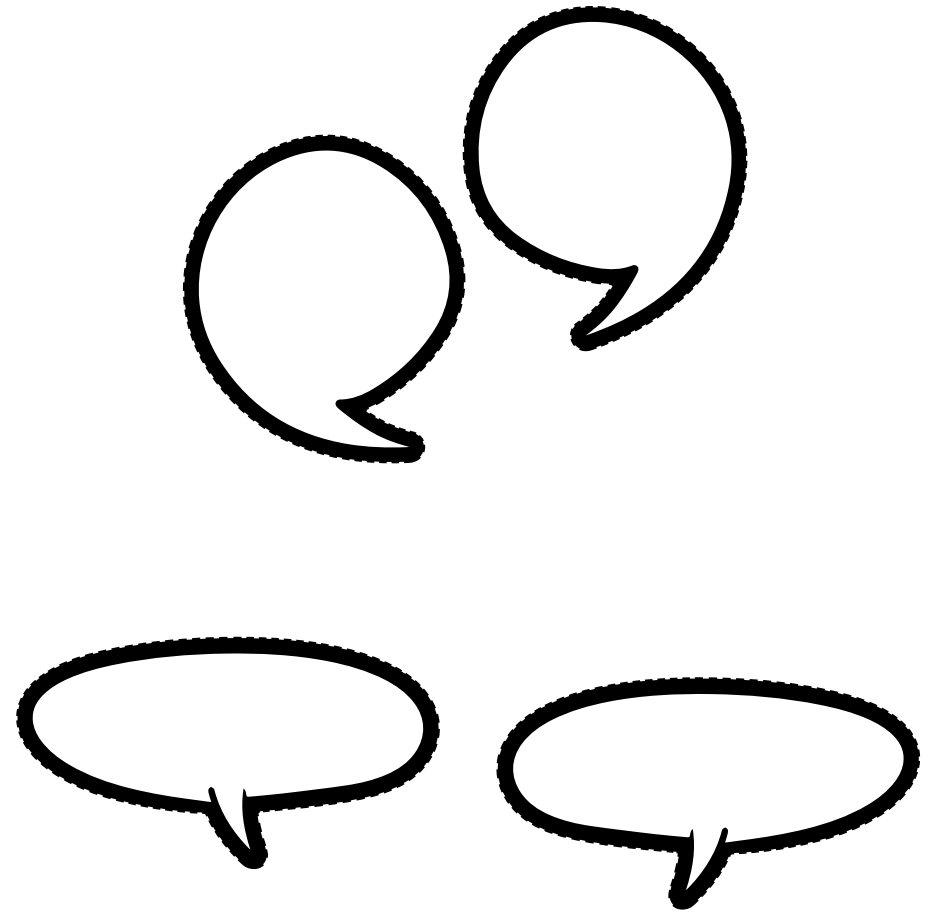
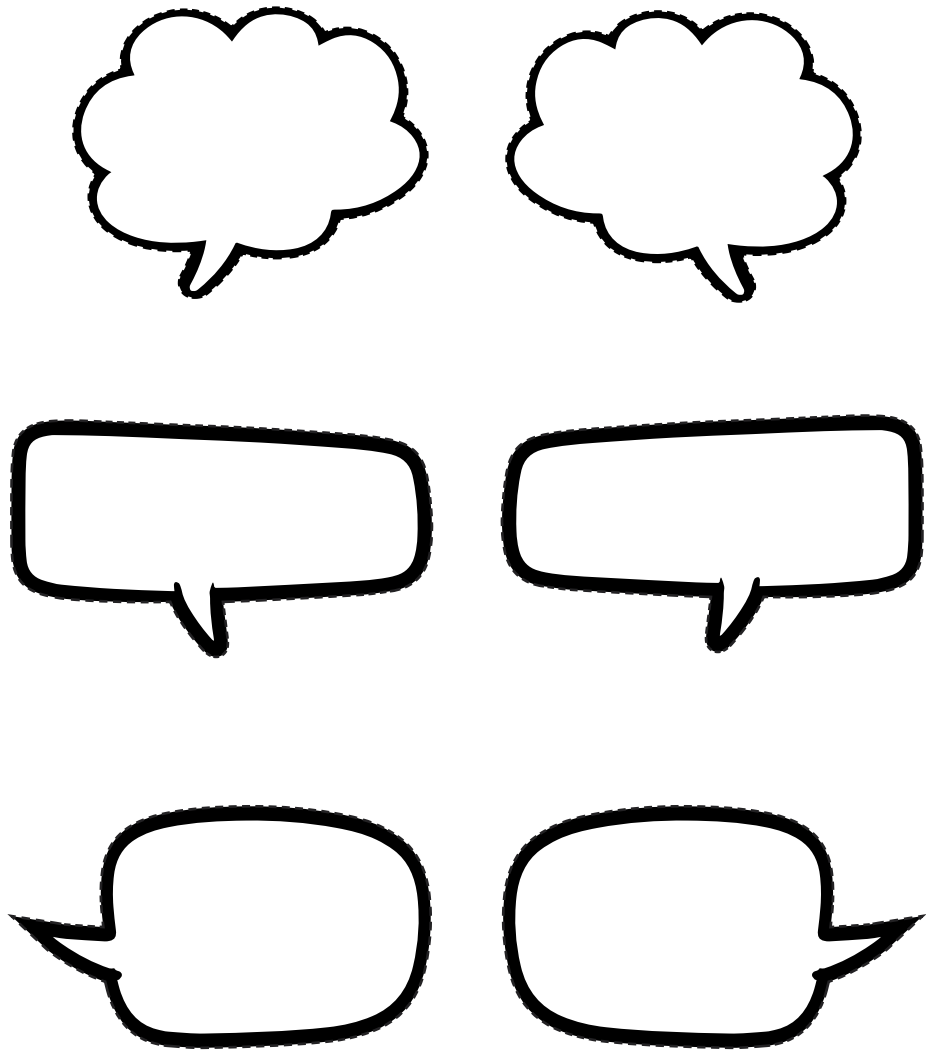
In this frame :

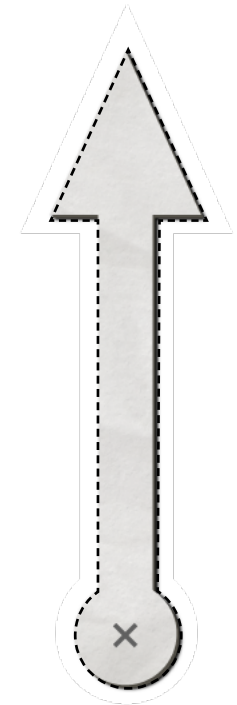
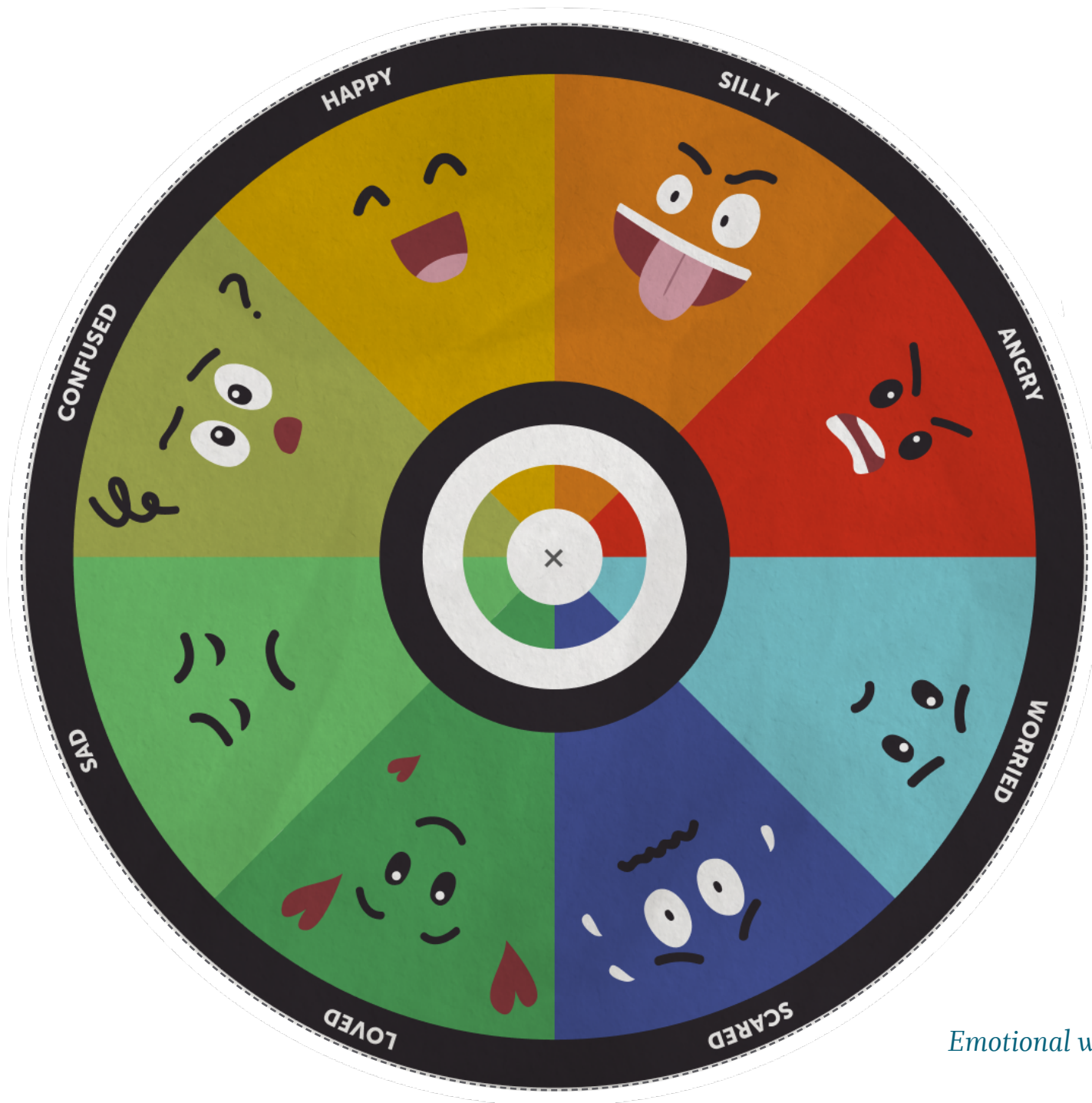
- What made it funny? Add as much detail as you want that will help make someone laugh!

This is called the '3-Part Joke structure'. Comedians and comic book artists use this to create jokes and funny stories. Think about a comic and how they bring stories to life through drawings.

Best joke in the world - Storyboard





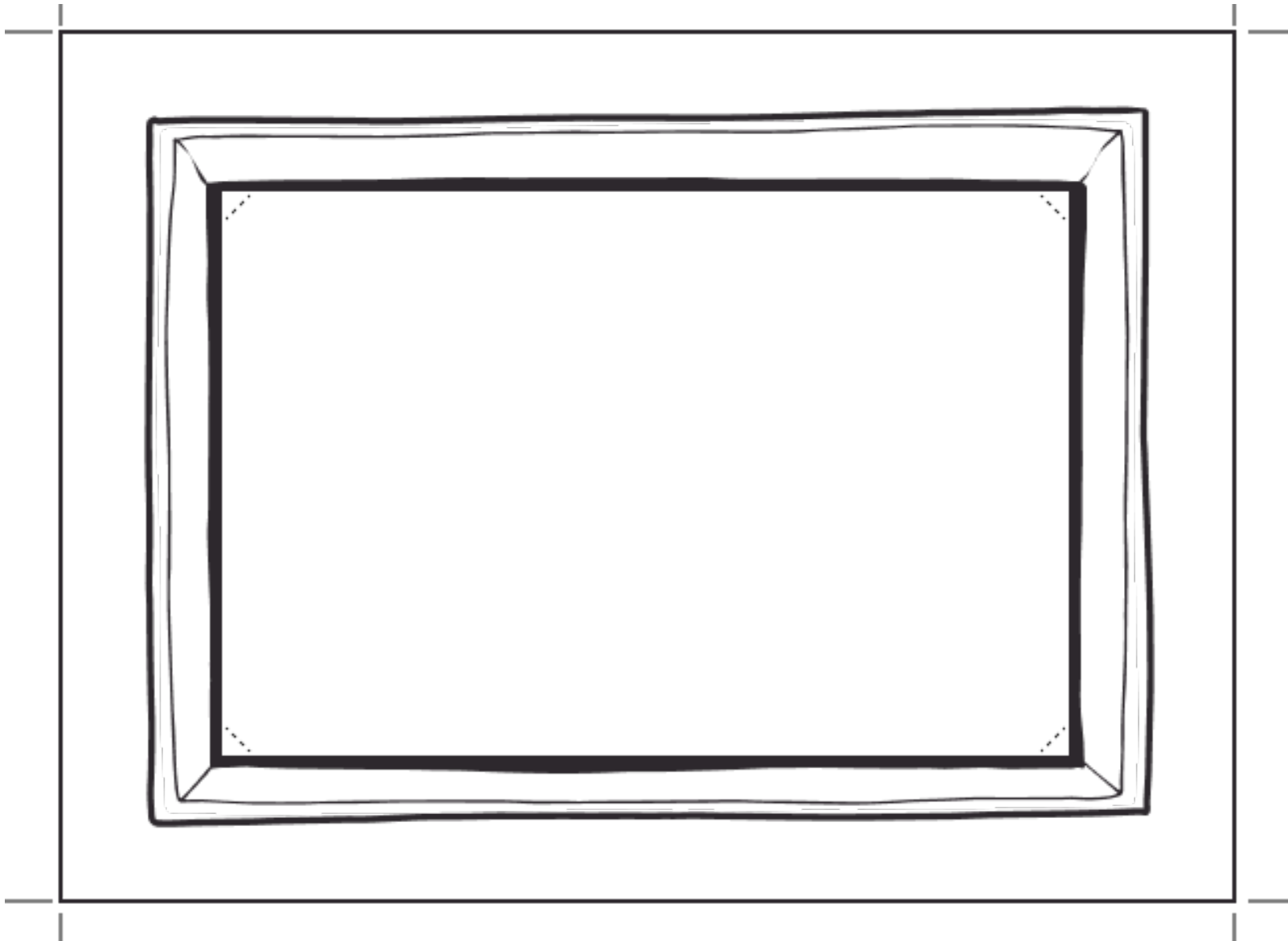


Print out this page and stick it to a thick paper or cardboard (a cereal box is great for this). Get an adult to help you cut out the feelings spinner and the arrow.

Use a paper fastener to attach it to the center of the spinner.

Emotional whirl - Print out feelings spinner





*Print out the frame and stick to some thick card stock.
Draw or print out a photograph (4" x 6" glossy photo paper recommended)
and stick (or mount by cutting small lines into the corners indicated).
Decorate your frame with lots of color and nice things about the person!*

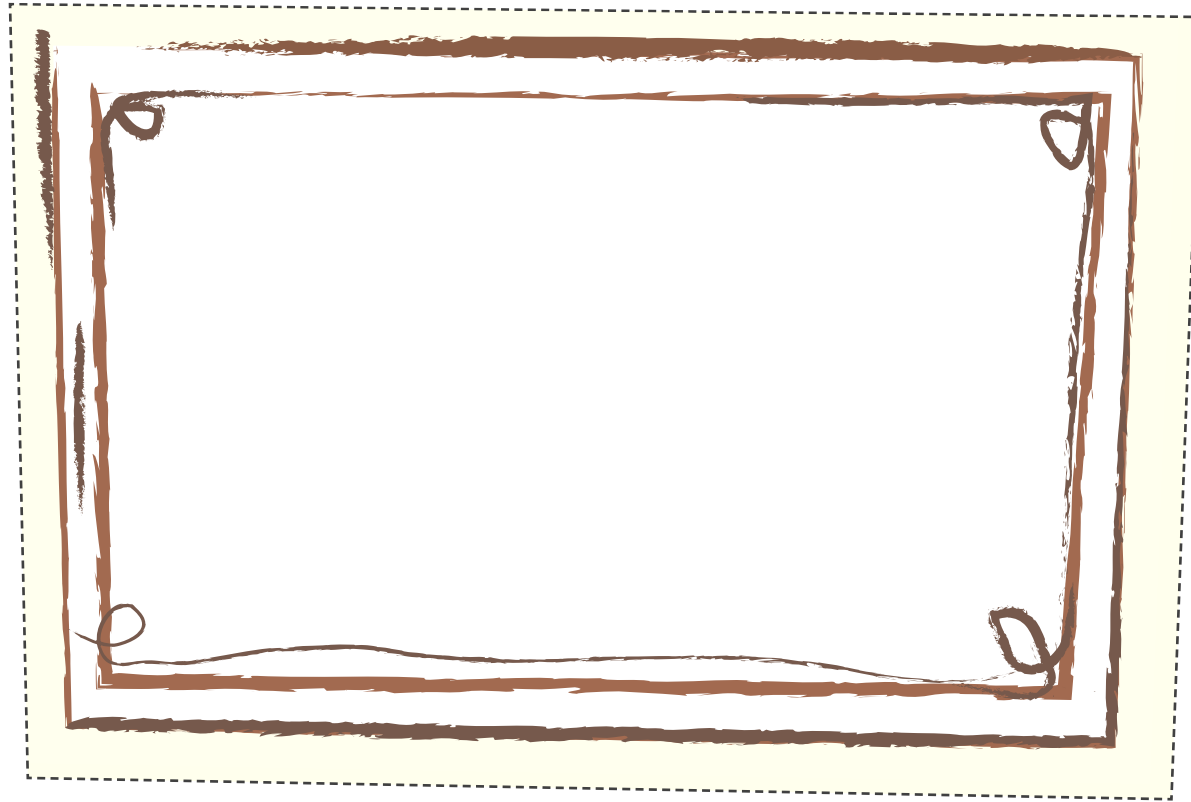
All about them - Picture frame template



Use these cut out stickers to decorate your picture frame or memory box.

Decorations - Cut-outs





Memory box - Print out label



For more information about
the topics discussed in this
document, please scan
this QR code or visit

<https://www.otsuka-us.com/family-resources>

