

The Heart Does Not Forget

Understanding and Supporting Those Living With Dementia – My Path to Inner Strength



Dementia—Does the word fill you with worry? Perhaps it's touched your life through a loved one, a friend, or a neighbor. For a long time, I only saw it from a distance—until life led me to look closer and develop a deeper understanding.

From Challenge to Heartfelt Calling

My first intense encounter with dementia was personal—my mother began showing the signs and gradual changes that this condition brings. Our relationship had never been an easy one, especially during my childhood. But as I watched dementia reshape her daily life, I realized I had two choices: I could stand by helplessly or I could find a new way to connect—one that centered on understanding and love. I chose the latter.

What touched me most on this journey was the relationship between my mother and my daughter. The two shared a special bond—full of warmth, patience, and genuine joy in life's small moments. It was as if, in this role, my mother was completely herself—free from old patterns and past misunderstandings.

Witnessing their closeness opened my heart and I realized it's never too late to heal old wounds and to meet each other with love and compassion. With this deeper understanding, I was finally able to support my mother the way I had always hoped — patiently, mindfully, and with tenderness.

From Learning to Sharing – Knowledge That Connects

My training and experience, alongside continued family-focused education programs, have allowed me to build a strong foundation in family counseling. But I wanted to know more and in my search for deeper insight, I discovered EduKation demenz®, a training program developed by Professor Dr. Sabine Engel. This well-researched approach—enriched with valuable literature and conversations with others facing similar challenges — offers confidence in supporting those living with dementia.

This is the knowledge I want to share—with people like you who may be in a similar situation and feel helpless in your role as a family member of someone with dementia.

The Heart Does Not Forget – It Finds Its Own Language

It begins almost unnoticed and quietly—a moment's hesitation in conversation, a forgotten name, a routine that silently disappears. Dementia doesn't arrive as a sudden thunderclap but as a whisper. And yet, it has the power to shake the very foundation of our relationships.



What remains when memory fades? Connection. But it doesn't survive on its own. It

remains because you choose it. Because you learn to keep it alive. When your loved one can no longer find their way to you, you can build a bridge to them.

When my mother began to lose her words, our relationship changed once again, and deeply. But something



remarkable remained: her heart did not forget. I remembered how I used to speak to my daughter when she was a baby: in a gentle voice, I would describe every movement to her—like when I dressed her or changed her diaper. She couldn't speak yet, but in her own way, she showed me how well she understood. She responded to my words with her body, her breath, and her smile. Years later, I did the same with my mother. She no longer needed explanations, but she still needed connection. When words faded, we found the language of touch. I massaged her hands, gently stroked her face, and watched as she relaxed, finding comfort and relief. Like a child growing into the world, my mother slowly moved out of it—but we stayed connected. Forever.

It is practice. It is devotion. And it is love.



Maybe you, too, sense that your loved one knows something is changing. But often, they don't know exactly what is happening or how to maintain your relationship. But you know. You sense when closeness is needed, you see when routines are missing, and you know when a smile or a tender gesture speaks more than a thousand words.

You are allowed to take those steps—again and again.
It is practice.
It is devotion.
And it is love.

My Offer to You: Navigating Dementia

A Training Program for Family Members – Knowledge That Brings You Clarity, Confidence

All of these experiences have shown me how important it is not to face dementia alone. That's why I want to share the knowledge and insights I've gained—through EduKation demenz®, a scientifically backed program designed specifically for family caregivers. It provides a safe space for support, practical strategies, and meaningful connection, helping you stay strong throughout.

I'm currently running a program for AWA members and would love to start a new group this fall. If you're interested, curious to learn more, or wondering if the course is a good fit for you, feel free to reach out—I'd be happy to chat and answer any questions!



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What to Expect

The course runs over 10 sessions—because truly understanding dementia, exploring helpful tools, and building inner strength takes time. True confidence in caring for someone with dementia grows through learning, connection, and reflection. It allows you the time to put the tools into practice and then come back for feedback and reflection.

Topics we cover are:

1. Dementia – An Introduction
2. The Impact of Dementia
3. The Personal Experience of Those Affected
4. Communicating with Empathy
5. Navigating Everyday Life
6. Managing Difficult Situations and Crises
7. The Burden on Relatives
8. Adapting to Changing Roles
9. Coping with Stress: How to Prevent Burnout
10. Engaging in Meaningful Activities