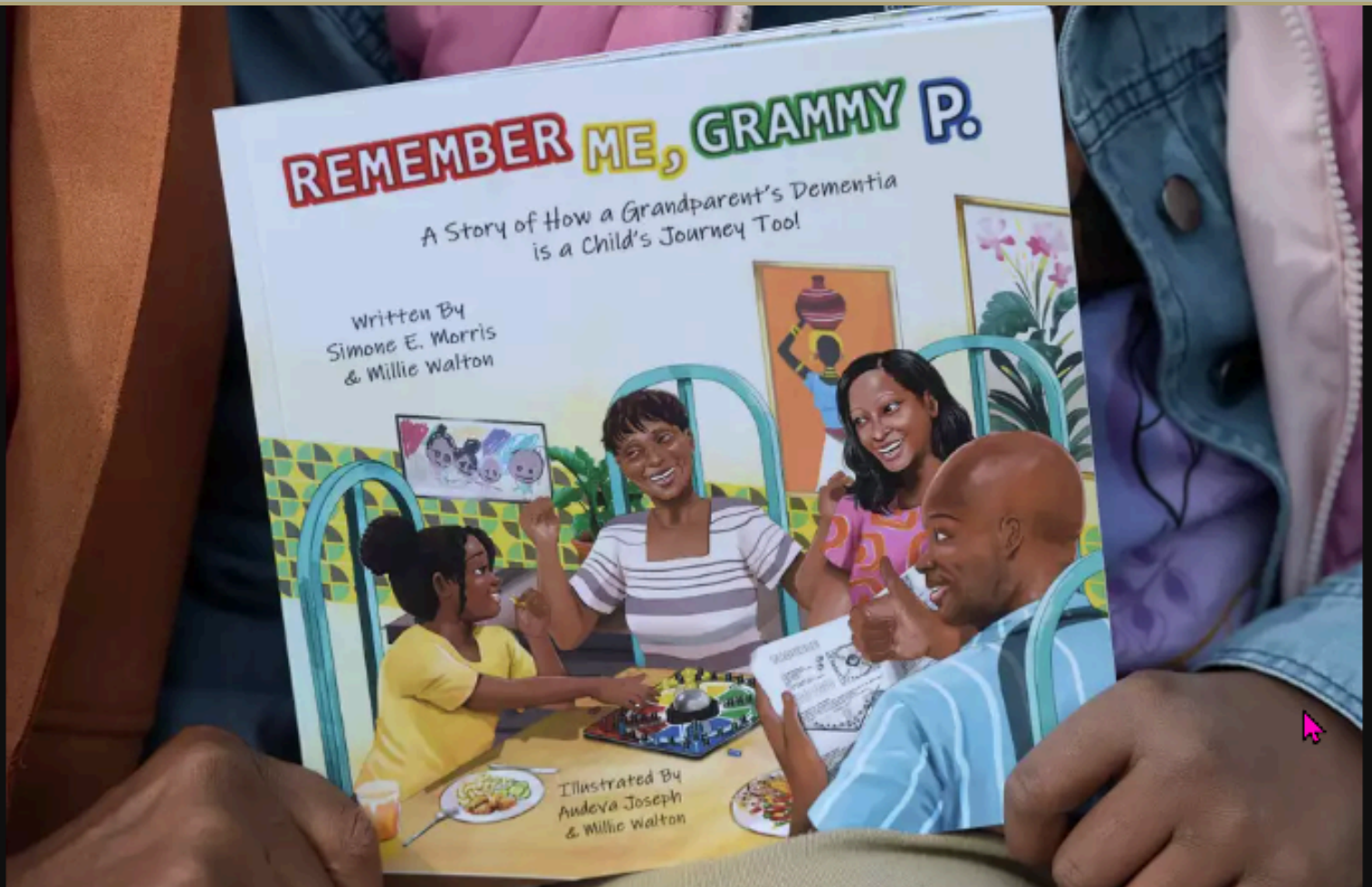


Remember Me, Grammy P.

Discussion Guide

Written by: Simone E. Morris & Millie Walton



A resource to support meaningful conversations

www.remembermegrammyp.com

Discussion Guide for "Remember Me, Grammy P: A Story of How a Grandparent's Dementia is a Child's Journey Too" by Simone E. Morris and Millie Walton

This guide provides a framework to facilitate meaningful conversations about "Remember Me, Grammy P," a touching story about a family navigating a grandparent's dementia.

The story follows the experiences of Grammy P's family as they come to terms with her dementia, highlighting the challenges and the moments of connection and love. Feel free to use this guide for book clubs, family discussions, or classroom settings.

I. Opening Questions:

- What were your initial impressions of the book?
- Did any parts of the story particularly resonate with you?
- Have you or someone you know had experiences with dementia?



II. Exploring the Characters: These characters are not just figments of the author's imagination, but reflections of real people we may know or even ourselves.

- **Grammy P:** How is Grammy P portrayed in the story? How does her dementia affect her interactions with her family?
- **Millie:** How does Millie's perspective on her grandmother's dementia differ from the adults'? What challenges does she face?
- **Simone:** How does Simone cope with her mother's changing condition? What emotions does she experience?
- **Other family members:** How do the other family members react to Grammy P's dementia? How do their roles change?



III. Themes and Concepts:

- **Memory and Identity:** How does the book explore the impact of dementia on memory and identity?
- **Love and Connection:** How do the characters express love and maintain connection despite the challenges of dementia?
- **Grief and Loss:** How does the book portray the experience of grief and loss associated with dementia?
- **Intergenerational Relationships:** How does the story highlight the importance of intergenerational relationships?
- **Acceptance and Adaptation:** How do the characters learn to accept and adapt to the changes brought on by dementia?



IV. Deeper Discussion:

- How does the book help children understand dementia?
- How does the family try to preserve Grammy P's dignity and sense of self?
- How does the book portray the emotional impact of dementia on families?
- What are some of the challenges and rewards of caring for a loved one with dementia?
- What resources or support systems are available for families dealing with dementia?



V. Activities and Extensions:

- **Art and Creative Expression:** Encourage participants to create artwork or write poems inspired by the book.
- **Research and Learning:** Explore resources on dementia and Alzheimer's disease.
- **Community Outreach:** Discuss ways to support families affected by dementia.
- **Personal Reflection:** Encourage participants to reflect on their own experiences with aging and memory. This can work for children as well. Encourage them to illustrate through visuals or use words to describe experiences.



VI. Closing Thoughts:

- What is the main message or takeaway from the book?
- How has reading this book changed your perspective on dementia?
- What are some ways we can create a more inclusive and supportive society for people living with dementia and their families?

Connect with the Authors:
Simone Morris & Millie Walton
smorris@simonemorrisenterprises.org



What's Next?

- **Loved Remember Me, Grammy P.?** Share your thoughts with a review on your favorite platform! Want to dive deeper? Invite Simone to your book club, school, or event. **Contact smorris@simonemorrisenterprises.org.**

