



LEAFLET

PROLOGUE

MEETING ALZH AND IMER. We'll play a scene illustrating their life as a couple before the onset of the disease. After defining when and where the scene takes place, let's play to answer these questions.

What do we do for a living, or used to do?

What kind of couple are we?

What plans do we have for the future?

Let's give a soul to Alzh and Imer, trying to find out our characters' personality through their tone of voice and facial expressions. Let's give a body to this couple through the mannerisms and small quirks that make them who they are.

The Prologue is a way to introduce us to the protagonists, to their livelihoods, to their wishes and needs. If we believe it makes sense, let's lend them some of our personal experience: our livelihood, our wishes, our needs. Let's be mindful of the fact that by doing so, it will be much easier to see ourselves in them, and their story may hit much closer to home. If this is something we both want, we can choose to make Alzh and Imer into perfect mirrors of ourselves.

1° STAGE OF THE DISEASE

OCCASIONAL FORGETFULNESS. The first stage of the disease is characterised by minor short-term memory loss. The symptoms do not yet affect the professional or social life of the Patient. The Patient generally tends to downplay them, and their Partner may not consider them alarming.

Let's play a scene that answers these questions:

How does the disease set in?

What's the first thing the Patient forgets?

Let's end the scene as soon as we realise both questions have been answered.

1° MEMORY

CHILDHOOD MEMORIES. The Patient draws the first Memory from the deck and reads its content out loud to the Partner. The Partner asks the Patient to show the personal item they have in their pocket.

This item is tied to a moment in the Patient's childhood and connected to the prompt on the note. The Patient narrates the Memory: Everything is clear, accurate, almost obsessively detailed in the description. The Patient remembers it all as if it were yesterday.

The Partner takes the Memory and puts it face up in front of themselves. We both pick up a white pebble.

II° STAGE OF THE DISEASE

ONSET OF CONFUSION. The second stage of the disease is characterised by frequent lapses in memory, confusion and slowness, changes in personality, attempts to hide the symptoms, anxious or depressive states, uncharacteristic behaviour.

Let's play a scene that answers the two questions, one per player, corresponding to the pebbles we have put in front of us. Let's end the scene as soon as we realise both questions have been answered.

PATIENT

Majority white pebbles: **How is your personality changing?**

Tie: **What uncharacteristic behaviour are you beginning to manifest?**

Majority black pebbles: **How does your depression or anxiety begin?**

PARTNER

Majority white pebbles: **What arrangements do you make to help the Patient?**

Tie: **How do you approach the subject of the disease with the Patient?**

Majority black pebbles: **How do you suggest the Patient should see a doctor?**

II° MEMORY

A YOUTHFUL MEMORY. The Patient draws the first Memory from the deck and reads its content out loud to the Partner. The Partner asks the Patient the following question, drawing inspiration from the prompt on the note:

**You once told me about the time when...
Do you remember?**

The Patient narrates the Memory. They can mostly recall it; they probably can't quite remember what year it was, or they talk about people who couldn't possibly have been there when it took place. The Partner The Partner takes the Memory and puts it face up in front of themselves. The Partner also picks up a white pebble.

III° STAGE OF THE DISEASE

DEEPENING CONFUSION. The third stage of the disease is characterised by impaired decision-making, spatial and temporal disorientation, and insistent denial of the Patient's own struggles.

Let's play a scene that answers the two questions, one per player, corresponding to the pebbles we have put in front of us. Let's end the scene as soon as we realise both questions have been answered.

PATIENT

Majority white pebbles: **You've lost something valuable. How do you handle this loss?**

Tie: **What happens after you've got lost and been brought back home?**

Majority black pebbles: **How do you react to being definitely diagnosed with Alzheimer's?**

PARTNER

Majority white pebbles: **What do you do to keep the Patient from getting lost and being unable to find a way home?**

Tie: **How do you approach the subject of the disease with the Patient?**

Majority black pebbles: **How do you react to the Patient's state of denial?**

III° MEMORY

AN OLD MEMORY. The Partner draws the first Memory from the deck and reads its content out loud to the Patient. The Patient asks the Partner the following question, drawing inspiration from the prompt on the note:

Have I already told you about that time when...?

The Partner narrates the Memory, stopping every once in a while to let the Patient continue the story. The Patient tries to remember, but their narration is confused: It's clear that they have some recollection, but their memories are getting murky. The Partner takes the Memory and puts it face up in front of themselves. The Patient picks up a black pebble.

IV° STAGE OF THE DISEASE

ONSET OF DEMENTIA. The fourth stage of the disease is characterised by sudden emotional outbursts, memory loss, impaired ability to think, inability to make simple decisions, and pronounced social withdrawal.

Let’s play a scene that answers the two questions, one per player, corresponding to the pebbles we have put in front of us. Let’s end the scene as soon as we realise both questions have been answered.

PATIENT

Majority white pebbles: **The Partner is taking care of you. How do you react to the fact that they’re controlling you at all times and in all places?**

Tie: **Something triggers a sudden emotional outburst. What is it?**

Majority black pebbles: **How do you react to the fact you seem to be unable to decide for yourself?**

PARTNER

Majority white pebbles: **What do you do to keep the Patient from withdrawing completely and avoiding everyone?**

Tie: **How do you approach the subject of the disease with the Patient?**

Majority black pebbles: **How do you react when the Patient bursts out crying over nothing?**

IV° MEMORY

A FADED MEMORY. The Partner draws one last Memory from the deck and reads its content out loud to the Patient. The Patient asks the Partner to show the personal item they have in their pocket.

This item is tied to a moment they both shared and connected to the prompt on the note. The Partner narrates the Memory to try and bring it back to the Patient’s mind: Everything is clear, accurate, almost obsessively detailed in the description. The Patient remembers very little, likely no more than few fragments.

The Partner takes the Memory and puts it face up in front of themselves. We both pick up a black pebble.

V° STAGE OF THE DISEASE

DEEPENING DEMENTIA. The fifth stage of the disease is characterised by impairments in sleep and movement, hallucinations, repetitive and pointless behaviour, and violent reactions.

Let's play a scene that answers the two questions, one per player, corresponding to the pebbles we have put in front of us. Let's end the scene as soon as we realise both questions have been answered.

PATIENT

Majority white pebbles: **You're unable to sleep well. How do you ask your Partner for help?**

Tie: **Someone frequently comes to visit you, but only you can see them. Who is it?**

Majority black pebbles: **Something triggers an extremely violent reaction. What is it?**

PARTNER

Majority white pebbles: **Taking care of the Patients requires ever more money and effort. How do you ask for help?**

Tie: **How do you react to the Patient's latest delusion?**

Majority black pebbles: **The Patient has reacted aggressively. You fear for your safety as well as theirs. What precautions do you take?**

V° MEMORY

A LOST MEMORY. All Memories are gone. If there are any notes left because less than two additional Memories have been played during Disease scenes, this is the time to tear them up and throw them away. The Patient must stare at the Partner without speaking for a few minutes. The Partner must break the silence every once in a while to ask:

You really don't remember anything?

The Partner ends the scene as soon as they feel like the moment could be ruined in any way, when it becomes hard to keep focused on the situation.



VI° STAGE OF THE DISEASE

ADVANCED DEMENTIA. The sixth stage of the disease is characterised by the loss of verbal language abilities, difficulty eating, apathy, torpor, coma.

Let's play a scene that answers the two questions, one per player, corresponding to the pebbles we have put in front of us. Let's end the scene as soon as we realise both questions have been answered.

PATIENT

Majority white pebbles: **You're in bed and the Partner is reading to you. You only understand a few sentences, in a rare moment of lucidity. What book is it?**

Tie: **You can't speak anymore. How do you try to make yourself heard?**

Majority black pebbles: **Something forces you to stay in bed and you probably won't ever get up again. What is it?**

PARTNER

Majority white pebbles: **Now that the Patient is stuck in bed, it's strangely easier to take care of them. What do you do to ease their suffering?**

Tie: **The Patient's state of torpor brings them even further away from you. What do you do to get their attention?**

Majority black pebbles: **The Patient is there, but it's as if they weren't. Do you ever think about an easy solution?**