

Download Voices Of Alzheimers Courage Humor Hope And Love In The Face Of Dementia

November is National Family Caregiver Month, and I wanted to share some personal thoughts on the subject of caregivers. I was a caregiver for my father, who passed away from Alzheimer's 15 years ago, and I was diagnosed with the disease two-and -a-half years ago. If you need to, jump straight down the page to the potential phases/stages section. I'm no fan of applying the concept of "stages" or "phases" to predict the trajectory of a person with Lewy Body Dementia. Marty, you inspired me to write a post about memory overload in grief and how creating a legacy portrait can bring relief to both the bereaved and those who love them by helping friends and family members find the right words to help us process those "endlessly playing" memories. Yes, I'm mentioned here: [Telling Their Life Stories, Older Adults Find Peace in Looking Back](#) (Susan B. Garland, *Retiring, Your Money*, NY Times, 12-9-16) Storytelling, so important in late life, may be facilitated in many ways, including Guided Autobiography classes (in which participants write stories to read aloud each week, on themes such as Money and Work), other forms of memoir writing ...