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ALZHEIMER'S -LIVING WITH THE DISEASE

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When my mother was first diagnosed 17 years ago, at the age of 57, I had a new-born and was propelled immediately into the sandwich generation. There was few a resource or information surrounding living with the disease in the year 2000. The author started journaling her experience more for cathartic purposes, and then had the courage enough to publish it in hopes of helping others. Since then, she has written several journal articles on the topic of Alzheimer's disease and living with the disease. She has appeared on CTV National News; she has worked with the Alzheimer's Society of Canada and has spoken at an International Alzheimer Disease and Dementia Conference in 2015. 17 years of the day to day emotional, mental, and physical management of the disease has provided me a unique perspective and the ability to help educate others. She is presently working on her second book on the disease and revising her first book to include the palliative care experience. She has seen this disease from the beginning and now she is witnessing the end stages first hand. Her mother still resides with her, as their journey toward the end of this disease. She is now an expert in living with the disease as a sandwich generation primary caregiver. She has gone through the disease and all the collateral damage that takes place alongside of it, including compassion fatigue. Since her mother's diagnosis 17 years ago of "Atypical" Alzheimer's disease, and the fact that she has been in palliative care for two years in her home, allows her to research the disease first hand, and show the world that caregiving is an integral part of managing and living with Alzheimer's disease.

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