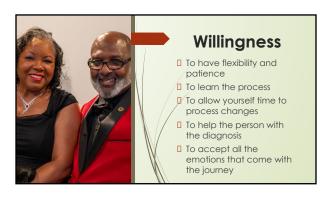
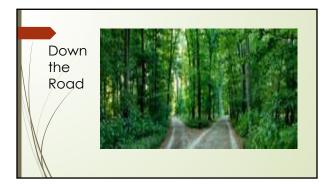


Being Educated About the Disease

- It affects both the care receiver and the caregiver
- They are different than they were before-physically they may look the same, but they are not
- Their reality is not your reality, you must go into their reality
- Understanding the changes happening, physically, emotionally and spiritually to both partners
- "It takes a village" to make it through this journey- support systems
- You must take care of yourself







Bumps and Signals Bump Turn Signal We have our Our partner, sibling, parent be what we planned. gets a diagnosis of dementia.

Bumps and Signals		
	Bump	Turn Signal
	I can do this on my own.	We cannot do it alone.

Bumps and Signals		
Bump	Turn Signal	
I have no options.	I have to find & build my caregiver	
	village.	

Bumps and Signals Turn Signal Bump I feel guilt My intentions about my are what I feel choices. is best for my loved one. Bumps and Signals Bump Turn Signal I can control My loved one this & change has a brain the trajectory disorder that I of our lives. cannot fix. Bumps and Signals Turn Signal Bump My loved one I can change

can't do that.

how I see my loved one and our lives.



Discovering an Easier Path of Caregiving: Finding Acceptance to Change Your Perspective				
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