



# **Dealing with Dementia: The Long 'long Goodbye' and All That Care**

*Eileen Brown*

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It took nearly sixteen years for Ellen to be ready to disclose her personal story in print about the devastating and relentless journey over many years that involved caring for her loved spouse, who had early-onset dementia.

Based on the strategies, ideas, and help she utilized in providing continuous care, Ellen has provided carers with practical suggestions to consider and use, if appropriate. She talks about losses and gains, about what she learned as a consequence of her experiences, about grief and adjusting to life after the death of the dementia sufferer, and particularly about caring for your own health and well-being so that you become a better carer.

It is hoped that others in a similar position may benefit from her experience.

Caring for someone with dementia can teach you a great deal about life and living, coping and surviving this dreaded disease, and hopefully how to move on eventually when the dementia sufferer dies.

## **Dealing with Dementia: The Long 'long Goodbye' and All That Care Details**

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