



A Daughter's Diary: One Woman's Journey With Her Mother's Dementia

Julie Hayden

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An epidemic is about ready to break out in our nation - Alzheimer's and dementia are attacking Baby Boomers like never before. This is my story of walking this path with my mother. I'm part of the sandwich generation. We are "sandwiched" between caring for our children and caring for our parents. As part of this growing group, we face huge challenges of balancing the needs of both our parents and children, as well as our own. As you read this raw account of my family's journey with dementia, I hope that you will be better equipped and prepared should you face similar issues with your family or loved ones.

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Charles Shrader:

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled A Daughter's Diary: One Woman's Journey With Her Mother's Dementia can be excellent book to read. May be it can be best activity to you.

Warner Gomez:

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