

Author – Lori La Bey
Founder of Alzheimer's Speaks

The Dementia Confessional

I have found it interesting to notice how I have dealt with my Mother's Dementia over the past thirty years and the phases I have gone through. I thought maybe, just maybe, it might help you on your own dementia journey.

Questions I have found myself asking:

Is this situation normal?

Are my thoughts and feelings normal?

Heck, let's cut to the chase, am I normal?

Here are a few of my reactions to life with memory loss.

Out and out denial.

No help from my sibling!

Need for control

Recognizing there is a problem and thinking I can fix it.

Knowing there is a problem, and I can make it better.

Realizing I can't fix Mom but I sure as heck can fix everyone else.

Control... not working...

Time to readjust my game plan once AGAIN!

Coming to Acceptance

Trying hard to let go of control but slipping up routinely and feeling horrible that I'm not a better person.

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Working harder, feeling more comfortable with being spontaneous and looking for joy filled moments.

Finding some peace in letting go of blaming myself, others, and God.

Peacefulness is around the corner.

Learning to adjust to “just being.”

Going with the flow of Dementia.

Applying this new perspective and skill set into all areas of my life.

New perspectives were HUGE and life changing on many levels.

Appreciation Finding out how amazing, loving, peaceful and calm my life has become.

Being filled with gratitude and thankful for what I still have with my mother on this path of dementia.

Confessional

Finding refuge in the silence with mom now in her end stages.

Vulnerability appears to take over as I let go even more.

Feeling comfortable enough to expose my true inner thoughts and feelings to my mother who cannot respond as I so deeply want her to.

Greif and guilt for the person I so longed to be to my mother.

Unworthiness and strong feelings that I have failed Mom in many ways.

Submitting fully to my higher powers and my mother, asking forgiveness.

Releasing of my sins, appreciating I have done the best I could do during this long journey.

Achieving once again another new level of unconditional love that I did not know existed prior to Dementia.