

Coping with Dementia

Dementia is a disease that affects many lives. It is a devastating diagnosis for the person living with it as well as for family and friends. There are daily struggles and stresses for all involved. Understanding the disease by staying educated, caring for your own health (mind, body and spirit) and accepting help from others are just a few ways to ease the burden of this challenging disease.

When caring for a loved one with dementia, the future can look overwhelming and bleak. Questions and fears can flood one's thoughts. The person living with the disease may be overcome with fear, knowing there are many challenges that lie ahead. It is a life changing event that can leave both feeling scared and alone. Knowing there is help and support can help ease the burden.

The following are resources that may help with the journey. Click on the links below:

[ERS Dementia Guidebook](#) – Basics on Dementia Care by Episcopal Retirement Services

[Tips for Caregivers and Those Living with Dementia](#) by Janssen Pharmaceutica

[Positive Testimony by Allison Blankemeyer at the Refresh Your Soul Conference in Cincinnati](#) - Allison shares the hope and peace she found in discovering her spiritual strengths and using them on her journey in caring for her husband and mother, both with the diagnosis of Alzheimer's.