

Sanctuary in the Midst of Alzheimer's

by Elizabeth Shulman

A brief summary

She shares several chapters on creating mindful ministries for families facing dementia. In these chapters she reviews aspects of our journey with our faith community, and ways the community can respond.

Near the end of the book, she summarizes the two most common concerns she hears from caregivers of those with dementia. One is repetitive questions and confusion. She suggests thinking of this behavior as a request for reassurance. She says, imagine it is the first time you were asked (because for them it is!) and if you can answer with that perspective, without adding the element of frustration you feel. (I know this is very hard.) It will help your interactions be more enjoyable for both of you.

The second is the falling away of friends. Friends can find your situation uncomfortable. They may not know what to say or how to behave. Especially in this time of isolation, we can be a supportive voice and caring presence for each other. We can reach out to each other by phone or by email.