

He is leaving me

But I am going to fight to keep him for as long as I can

No typical PLWD, no typical carer, no typical relationship

- There are no typical people living with dementia, some commonalities but each experience is unique. Trevor is very unique!
- As a result of the above, there can be no typical carer. Not all are family members, not all are young, not all had education careers prior to their caring role.
- We are co-conspirators, this time against the enemy which is Alzheimer's Disease. We are fighting back with everything we have.

Curriculum aims, weekly targets, daily plans

- The curriculum is a range of aims including nutrition, aerobic and anaerobic exercise, cognitive tasks, memory exercises and refresh, living for the moment and enjoyment.
- Each week is a balance of these areas with progression within some, repetition in others.
- Each day has a plan that will move towards the weekly target. It would be too easy otherwise to miss some activities.

Curriculum demands, weekly impacts and daily costs

- The planning and execution can be exhausting physically, mentally and emotionally. Some plans just do not work, others need constant adjustment.
- The time required for the curriculum leaves little time for me to engage in anything other than curriculum work, I am always looking for the benefit to Trevor.
- There is an emotional and financial cost.

No typical future, no typical need

- If Trevor was sitting in a chair staring into space then support would be someone sitting with him to release me, but he is not.
- What we both need is a cure for Alzheimer's, until then I don't think either of us knows what our future will be or what we might need.
- His world revolves around me every bit as much as mine revolves around him. It always has, well for the last 43 years, it always will.