

## **Dementia: A Caregiver's View**

*Loss upon loss*

*Sense of impending doom*

*What's next?*

*It will be uglier than the last.*

*Difficult to bear*

*Fear & anxiety constant companions  
in my solitary journey of quiet horror.*

*Extra effort to love & care*

*Unrequited*

*Instead - zero appreciation*

*- verbal abuse*

*Imploding anger*

*Attempt to contain*

*Futile*

*Awareness of harm to self*

*Powerless to thwart*

*Bleak*

*Wherein lies the saving Grace?*

*In a deep knowing:*

*- Impermanence*

*- Compassion*

*- Selflessness coupled with self-care*

Katherine A.

Participant, Coping with Transitions

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