



# Her Final Year: A Care-Giving Memoir

*James Downey, John Bourke*

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Two families, half a continent apart, faced with a loved one struggling against the onset of Alzheimer's Disease. Two men, who each wind up being the primary care-provider for a beloved mother-in-law. These were roles they never expected to fill. Nothing they had done previously had prepared them for this. We often hear that life is a journey, and it's the journey that matters – the path and the experiences – more than anything else. The family confronted with a loved one struggling against dementia often faces new, unexpected twists and turns in their journey. This book offers some perspective on that journey, as we were going through it. It's part memoir, part journal, and all based on the things we were writing at the time. In seeing what we experienced, and the decisions we each made, over the arc of care-giving and then recovery, perhaps you will be better able to understand your own path, choose your own road.

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