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Walking My Momma Home

Finding Love, Grace, and
Acceptance Through the
Labyrinth of Dementia



Kathy Flora

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Walking My Momma Home: Finding Love, Grace, and Acceptance Through
the Labyrinth of Dementia



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You are NOT Only! and Tampa, Florida. 7 million people today are caring for someone you care about with dementia. As caregivers, it's possible for us to feel isolated. If you're weary of the heartache and losses both of you suffer, of the restless nights and chaotic times, then you know that our frustrations, helplessness, and fear can travel us to your knees. But the caregiving journey that we are on offers unexpected, uplifting presents: •profound personal insight •explosive spiritual growth •discovery of our deepest self All of the presents are buried, to be uncovered in the knowledge of walking alongside. Dementia is certainly cruel. I'm forever grateful. *Walking My Momma Home* is usually a memoir of my mom and myself. It's about like, hope, uncertainty, part reversal, courage and the raw humanity in Mom's experience of shedding herself to the condition. It's about the hard decisions, conflicts, the relationship balancing and personal soul-stretching my caregiving needed. It's our tale of surprising pleasure and laughter, of tears and terrors, of opening hearts and deep, emotional healing. Filled with stories, reflection, insightful queries, and invaluable assets, *Walking My Momma Home* helps you think about and process your own journey through the raw connection with fellow travelers walking dementia's labyrinth.

PRAISE FOR Taking walks MY MOMMA House: "There are truly no words and phrases for how deeply this book resonated with me. There have been so a number of days while reading it that the bravery and authenticity Kathy showed by sharing her journey helped me encounter the walk I'm currently on with my parents. I laughed. But mainly because you might have noticed, God got other plans. And then I cried even more, but I cried tears of comfort and ease and understanding. This book is the ultimate tale of the routine of life – the trip home – that all of us is on, and it's full of light, love, and laughter alongside all the tears. Thank you, Kathy, for writing such a robust, heartfelt book and for posting your trip and your mom's trip with the world. Caregiving is challenging, yet it can open up a channel to available grace which will change your life forever. She actually is a mom, a grandma, a daughter, a sister, a pal and Jim's loving wife, a political junkie, public speaker, novice hiker, and a devoted cyclist.

Scott, International Bestselling Author ABOUT THE AUTHOR: Kathy Flora is certainly a Nationally Accredited Career Counselor and Expert Career Coach. D. She started this work at Purdue University in College Placement. Through successive work changes, she's worked as a consultant, a business executive, organization advancement and job search trainer, an elected Condition Representative in New Hampshire, an HR representative at the Congressional Analysis Service of the Library of Congress, and lastly as a leadership plan manager in an Intelligence Community company in the federal support in Washington D. J. Over 15. Her life's passion has been helping others find theirs. She has been a Hospice volunteer, is usually a leadership and HR blogger for A. C. O'Connor Associates, a volunteer career coach and speaker for Cancer and Careers. She and Jim reside in Bradenton, FL, with an inspiring watch of the sunsets over the marsh along the Manatee River in a neighborhood with plenty of walking trails and biking paths." --- D.org, and she delights in hanging out helping out at Selah Vie, the local thrift store of Selah Freedom, a national not-for-revenue organization that fights Human Trafficking on the Suncoast and across the country. Those paths are where she finds her bliss nearly every morning before starting the others of her day. This is her first book, and it was a surprise even to her since she sat right down to write on an entirely different topic. I cried.



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I recommend this book to everyone. The book was just what I had asked for and was shipped on time. Touching and important. Dementia is a very difficult thing to face but sadly, it's one that many families try to navigate every day. If not, it's still for you, because you'll learn so very much and because, despite the topic, this is a positive and, dare I say, 'enjoyable' read. As you who experienced similar caregiving love and decisions with my mother, the book rings accurate especially about the leave takings that happen piece by piece. If one must read quickly by selecting passages that will deal with a current concern you are facing, the chapter titles and subheadings will become most helpful. There exists a collection of helpful resources by the end that will be highly relevant to every family member working their method through this disease. It is engaging, funny with a clear voice in one daughter, affirming existence in all its phases. It's an excellent read. Great! Who as the reader discovers, may also be not delightful. I related to the "powerless feeling" that my husband and I had of being the distant family members when decisions were made that were out of our control with my father-in-law identified as having Alzheimers. Touching and funny, as a caregiver for my aging parents, I consider the walk with the writer, with her stories reflecting my very own struggles at times. A beautiful and touching story of Kathy's journey mainly because caregiver of her mom with dementia. It is a beautiful example of one family's journey through a chaotic scenario while maintaining their respect for "mother's" humanity. This is a true-story, about character types you will remember; Thank you for sharing your journey so honestly! Many visitors with aging parents may find themselves strolling or having walked a similar path. The story is clearly created and flows logically. A must browse for those looking after aging parents! While the details of the journey are exclusive to the individual, there are so many parts of this story which are familiar to many. I loved Kathy's engaging composing style using "Mom's Route" and "My Route" to tell her story. She has a gift, and I do wish she'll be writing a lot more books. Thank you, Kathy Flora, for trading your time and effort, talent and finances to give others hope in their own journey. Joanne H. Knowing about Dementia and the reality of the actual journey Kathy writes in a journal style which flows smoothly. She is honest, yet respectful of her mother, always. She recounts the frightening and the stunning, confronting fact with compassion and an excellent love of life. Her personal spiritual growth is an unexpected gift which she shares, as well. The assets for others at the end certainly are a great addition. Compassionate, insightful, helpful walk through elder care I especially liked the author's loving yet complete depictions of family members lifestyle and her honesty in sharing her very own emotional battles and those of her siblings as they discover, adapt and produce decisions regarding their care for their delightful mother. Honest, heartfelt, sincere sharing Kathy opens her center to us all seeing that she shares intimate information and feelings from an extremely personal journey that's mixed with challenges, joys, and so much like. Kathy's writing style is engaging. Your home is the trip with her. We could all proceed through this and this book gives many methods to cope." Finally, I greatly admire Kathy's thoughtful choice to constantly show love and respect for her amazing mom when interacting with her and making decisions about her care. May this book reach the hands of many.. How to keep your spirit alive while successfully assisting an ill parent The author files the continuing story of her mom's journey and battle with mental and physical illness. Janice I can't express adequately how this book moved me. It's exceptionally well written, and the writer carried me directly into the midst of her encounters. I loved Kathy's coping strategy of "acting as if" instead of asking "What if? It's an extremely honest story about loving, and caring for, her elderly mother as she disappears gradually into the nightmare of dementia; but it's so much more than that. I fell in love with her family, especially her mother, and found myself sharing their joys, their sorrows and tensions, their personal growth, and their very traumatic trip with a woman of extraordinary personality. If you love someone

who is battling with dementia in virtually any of its forms, that is for you. The appendix in the trunk is especially useful to those just entering this brand-new stage in family living.. She information how she and her siblings have already been working through all the different levels of her moms physical and metal problems. An interesting read about getting older while helping a straight older parent. Page Turner and Heart Warming Incredible read from begin to finish, as the author goes on a journey as she navigates the travails of her Mom's dementia. Reading it was like being on the psychological roller coaster with the family members! By the end, I am richer for having experienced the author's trip with her Mom and family. Two thumbs up and a must read. This book will help and motivate any caregiver, or as Kathy calls it, "care partner". Love, love,love this book. I have an 87 year old mother and a 90 year old mother-in-law. I have been though many of these same circumstances and found it very comforting that others have already been although same things. Essential read!! You aren't alone!! With so many challenged by dementia, this book presents hope, grace and like throughout the trip. Kathy has shared personal experiences that will assist others cope with this debilitating disease. A must read!



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