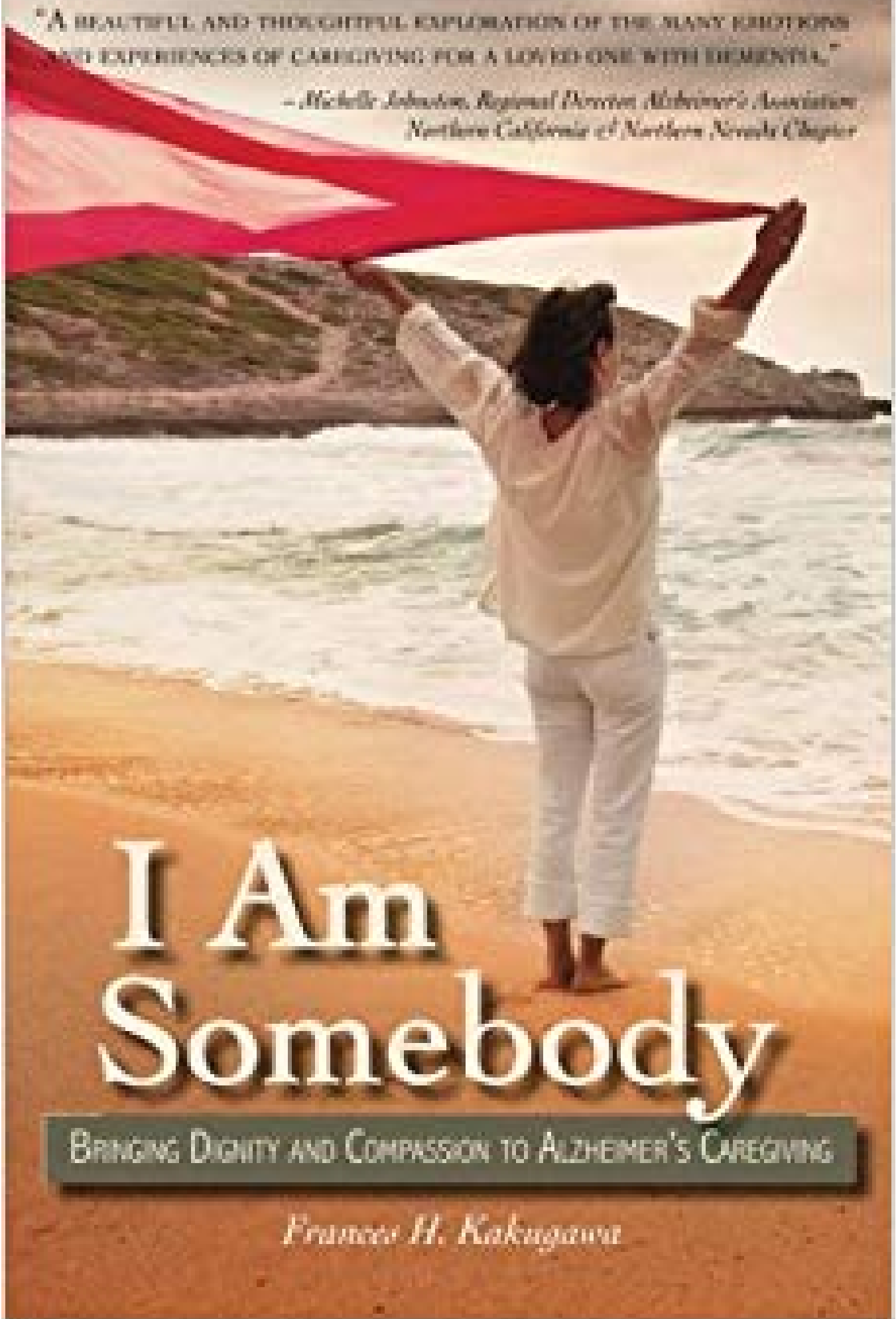


"A BEAUTIFUL AND THOUGHTFUL EXPLORATION OF THE MANY EMOTIONS AND EXPERIENCES OF CAREGIVING FOR A LOVED ONE WITH DEMENTIA."

- Michelle Johnson, Regional Director Alzheimer's Association Northern California & Northern Nevada Chapter



# I Am Somebody

BRINGING DIGNITY AND COMPASSION TO ALZHEIMER'S CAREGIVING

*Frances H. Kakugawa*

*Frances H Kakugawa*

**I Am Somebody: Bringing Dignity and Compassion to  
Alzheimer's Caregiving**



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"I Am Somebody presents guidance in using poetry and journaling to become a more compassionate caregiver. As caregivers, our lives revolve around the basics, like doctor's appointments and dressing, feeding and clearing up after our family members. Their lifestyle becomes our life; our existence becomes theirs. Through composing, she had a surprising revelation. And just as important, who are we? This is a therapeutic tool providing information and insights in the form of poems and journal entries from twelve people—men and women with a diverse range of cultural backgrounds, age groups, faiths and education who have cared for mothers, fathers, wives and husbands—who've made this difficult trip. Kakugawa presents a new vision of caregiving. We Am Somebody is a reminder that both cherished one and caregiver deserve compassion, respect and a existence with dignity. As a caregiver for her Alzheimer's-afflicted mom for many years, Kakugawa frequently sensed embattled and at odds with her mother. But who are they now that this disease provides taken over?" "In poetic tone of voice, Kakugawa explored additional what her mother might have wanted to say: "Speak if you ask me, for I am still here." / If I could, I'd.' or 'As to why didn't you?' This idea found haunt me and became my mantra whenever I wanted to shout in exasperation, 'Why did you? "I wrote a poem, from my mom's perspective, imagining what she would state: 'When I soil my clothing, or do something absurd, / Usually do not inform me, "Why didn't you?" Having place herself in to the position of patient—a label she eschews for the adverse attitudes it engenders—Kakugawa discovered her attitude toward caregiving had shifted. Speak to me rather than around me. I am not a she or her or perhaps a room number. I understand hugs and smiles and loving kindness. "Once I embraced this new person who was evolving before me, once I let go of the person I needed my mother to be and rather let her become herself, caregiving converted into a freer moving river. The challenges of Alzheimer's disease—the physical burdens, financial costs, emotional turmoil and family strife—can reduce our loved one to a "he" or a "she," a person almost devoid of humanity. In I Am Somebody: Getting Dignity and Compassion to Alzheimer's Caregiving, dignity-in-caregiving advocate Frances H. Kakugawa and her fellow caregivers paint a vivid picture of the caregiving trip and all of the attending struggles, triumphs and deepest fears. I Am Someone gives tone of voice to the caregiver knowledge, allowing unspoken emotions to be expressed and caregivers the space to explore what their loved ones might say, if indeed they could. Caregivers will find this assemblage of experiences resonant, while those people who are more peripherally involved, such as non-caregiving family and doctors, will gain brand-new

insight in to the daily caregiving encounter. Kakugawa opens each chapter with information directed toward both caregivers and the ones within their support circle. We Am Somebody is Kakugawa's fourth book about caregiving. Her previous works consist of Mosaic Moon: Caregiving Through Poetry, Wordsworth Dances the Waltz, a children's book about households living with grandparents with Alzheimer's and other dementia-related illnesses (a Mom's Choice Award® Silver recipient), and Breaking the Silence: A Caregiver's Voice.



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A must for caregivers. I love everything she writes especially Haiku. My father had Alzheimers and I can really relate to the poems of the caregivers. I wish something like this was available when I was fighting my father's fear. He didn't know my mom or me and he resided in fear. Go through how caregivers find refuge in poetry than emerge resolute and determined to care not merely for their loved ones but their very own soul. Doctors possess a clue at all what it is like to take care of a loved one with Alzheimers. It will not cure anything, as you are well aware--there is not any book, no medication that may. My frustration had not been with him but with his doctors. Touching & Frances is perennial And so is her work. I am a caregiver and much of it hit home..In "I Am Somebody," Frances takes poetry and prose from twelve caregivers, including herself, and produces a book that's deeply insightful. Most of us can take extra lesson in . Nonetheless it is much a lot more than that. Great to learn about other's experiences. Great book!. If you feel you have a good idea of what the within of caregiving for Alzheimer's and dementia loved ones is about The stories is there, the poems are there and a masterful context that puts it all together is there aswell. The deep experiences to be a caregiver, what it means and how it assessments those that confront its challenges will there be, and superbly dealt with by its author/editor, and a number of voices that speak from first hand experience wrestling with life's cruelest offering.. "I Am Someone" is a tool kit, with ample instructions, for any caregiver who opens its pages. It's over-the-counter and prepared to make use of. One doesn't require a prescription from their doctor, an appointment at the clinic, permission from Medicare or anything else. To open its pages is to open one's brain to a whole brand-new perspective on caregiving and caregivers, because:If you don't know what a robust and medicinal device poetry and writing could be in the hands of a caregiver, you then haven't browse "I Am Somebody".If you think you have a good idea of what the within of caregiving for Alzheimer's and dementia loved ones is about, and you also haven't go through "I Am Somebody", then you don't..And when you're a caregiver who hasn't quite come to terms with how to relate with the person you once knew and loved, but who no longer appears to be there, "I Am Somebody" can help you to get them again, the true person they are right now, hiding in the disguise of a horrible disease.. Discover what it really is prefer to have your storage stolen and you will understand what it is like to have Alzheimer's. I loved my father and took treatment of him until the day he died. Caregiving is still going to be the toughest, most frustrating thing you ever do. But "I Am Somebody" might just help you locate both most important remedies we've got, on your own survival in addition to for the dignity and support of your beloved. Touching, inspiring, and educational This book, Frances Kakugawa's twelfth, could be her best yet. Read how caregivers find refuge in poetry than emerge resolute and determined to care . We all may take extra lesson in even more

compassion and care! In the event that you, dear caregiver, have a problem with how to deal with your own anger, grief and dilemma in the midst of a situation that appears to be nothing but eternally hopeless, after that "I Am Somebody" may just provide the clue you need about how you as well as your loved one might already have in your hands the best medicine there's for something no-one can cure and that there is nothing however the most temporary and superficial alleviation. If you're a medical expert, hospice care worker, nursing home staff or other support giver for all those in the front lines of caring for dementia patients and you haven't browse and routinely prescribed "I Am Somebody", then you've missed probably the most powerful and effective medications we have. As a caregiver I am frequently asked "how is your wife"? This question is then accompanied by how are you? Additionally, there is the spiritual development that assists a caregiver when dealing with Alzheimer's and beyond. Given the continuous decline in cognition of an Alzheimer's individual the answer to the first query may change from day to day and the hurried caregiver may react to the second query with "I am fine" rather than describe his 36 hour day. Caregivers and the ones who understand caregivers will value the encounters in the book - like the pain of confronting a loved one's dementia and eventually death. I gave copies to my brother and sister and received a tearful response from my buddy "now I know what you are going through". My sister acknowledged that poetry offers "more depth and sincerity". After five years, exchanging letters, emails and phone calls my siblings finally know the answer to the questions "how is your wife" and "how are you". The author accomplishes this by inviting the reader to enter the globe of the caregiver and patient through the moderate of poetry. He thought he had been kidnapped and held asking us to take him back. "I Am Somebody" is for you, dear caregiver, most of all for you. Learn how to address somebody with Alzheimer's and recognize the need to respect and preserve his dignity. Browse the poems in this book to comprehend the deadly trajectory of Alzheimer's and at exactly the same time marvel at the heroic deeds of every caregiver. This book is crucial read by anyone who is a caregiver or wishes to understand "how are you". It includes valuable insight in to the plight of caregivers and the ones afflicted with Alzheimer's. Additionally it is a publication to be valued for the sweetness of its poetry and witness the heroic struggles of those who caution. "I Am Sombody" not only provides you with some very helpful tools, ones that may help convenience the burdens and offer a perspective that makes them more endurable, but a practice that may help you come to understand what it means to be a 'Steward of Mortality' and the certain understanding that, even on the darkest days and with furious demands of taking care of another person, YOU ARE SOMEBODY. It's rivaled just by her last one, "Kapoho: Memoir of a Modern Pompeii." Both books are very different, however each one displays Kakugawa's grace in creating touching and inspiring publications. Great book! This

publication is the response to every caregiver's quest to discover a meaningful response to two of the most daunting questions we face almost daily. Caregivers tend to be stymied by these two questions. Funny This book caused me to avoid and think. She's sensitive to the discomfort of others, her personal pain, and her very own mortality -- yet she persists.



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