

RUTH BAIRD POLLARD

LOVING GORDON

A
*Dementia
Caregiver's
Journey*



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Ruth Baird Pollard

Loving Gordon: A Dementia Caregiver's Journey



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When her husband, Gordon, was diagnosed first with Alzheimer's dementia and afterwards Lewy body dementia, Ruth and Gordon Pollard faced the task of their lifetime. On the way, Ruth found wisdom in the words and actions of professional caregivers as well as her dearest loved ones. Surprisingly, help also came from complete strangers in the form of encouragement and understanding. & most importantly she asked for help, because of this journey cannot be completed on one's own. Aiming to keep him at home as long as possible while knowing a storage care facility might be an eventual actuality, Ruth educated herself about every aspect of the disease, attending seminars and reading stacks of books. She embraced support from family, friends and neighbors and joined a support group. The journal she kept for several years today supports and inspires caregivers and their family through their walk with dementia, one of lifestyle's most arduous, tender and compassionate journeys.



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