

The On-Going Losses of Living with Dementia

It's one thing to face and respond to a disruptive change. It's quite another to live with an on-going condition that shows little promise of improvement. That's the situation for both those living with dementia and for their caregivers and other support persons.

In this practical session, participants will be guided in discussions of perspective and tools when family or friend of someone with dementia. Daily care stresses, shattered dreams, the ambiguities of relationships, and the balance of care for self and care for another will be addressed. Holiday stresses will also be discussed.

Ted Bowman is a grief and family educator. His mom died in 2008 after years of moving further into the fog of dementia. He facilitates a caregiver group in St. Anthony Park. Ted is also an adjunct instructor at the School of Social Work at the University of St. Thomas teaching a course on grief counseling and therapy.