



We Rage, We Weep
Alzheimer Foundation

From: **We Rage, We Weep; A Rural Caregiver's Experiences Coping with Alzheimer's Disease**

By June Fuller Moulton

Chapter 11: 'Conclusion'

~~~~~

The prospect of spending another year on the farm worried me a great deal. In summer, I constantly feared Rusty would be involved in an equipment accident. There was always the possibility he would wander away, become disoriented, and never return.

The arrival of winter only magnified my concerns. If he wandered away at that time of year, he could easily freeze to death before being found. There was always the wood heater to worry about, too. The possibility of a catastrophic house fire was never far from my mind...

My anxiety level rose as moving day approached. No one could possibly predict what Rusty's reaction [to moving into town] would be. I felt as though I stood on a craggy, weather worn pinnacle that was crumbling beneath my feet. In the distance was a helicopter coming to my aid, but below me was a yawning chasm. Would I be saved or plunge into the abyss?

I wish with all my heart that I could close this book with exciting news of a breakthrough in the battle against Alzheimer's, or better still, of a cure for this dreadful disease. Unfortunately, I cannot... Until then, if you're a caregiver, try not to be so hard on yourself. To feel rage and fear over the hand you've been dealt in life is normal. It's okay to feel guilty, too. Weep if you feel you need, too. You need the release it will give you. Take care of yourself, because your loved one needs you. Remember, you are sometimes that person's only link with the past. To be there for him or her, you must have rest and good food. Seek advice and guidance. Take time for other interests. Lastly, don't be afraid to ask for help. To seek help is not an admission of inadequacy, but merely an honest acceptance of human limitation.

God go with you, wherever you are.

Copies of the book can be purchased at  
<http://www.weragewweep.com/book.html>

*Easing the financial burden of care giving – one family at a time*  
1760 Kisber Ave. Victoria, BC V8P 2W7  
(250) 920-9573  
Charitable Registration BN: 80814 2277 RR0001  
[www.weragewweep.com](http://www.weragewweep.com)