

My Long Journey

by A.S.- a caregiver

I am on an unknown journey, I did not plan this. This is not like planning a trip that you will be going. It started suddenly, there are little signs, but not enough to recognize, but then you realize the signs are not quite right. We start to ask questions and seek information. When you know some of the answers, you are not sure where and what road to take. You feel like you are looking at map. What direction do I go in? You are frustrated, things change, you want everything to be the same, you want to go on straight road, but there are curves, and bends, and as you are trying to go in an even line, your spouse is going elsewhere, it feels like maize.

Sometimes, when your days are good, and you feel happy, and you are calm, it makes the journey much easier. But when days get stressed, it's like taking a wrong turn and you have to backtrack.

I would like to express my gratitude to Renee and Arlene for bringing this wonderful group together. We have shared many things, we are not alone, and have learned so much from each other.

Our journey is a long one. Each of us is not sure where it ends, but each of us is unique and strong, and we will be the best.

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