

# **Keeping Mum: Caring for Someone with Dementia**

Marianne Talbot



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"At 3am I was startled awake by the opening of the stairgate. Leaping out of bed I found Mum, clothes on over her pyjamas, grumbling she was fed up of being moved from pillar to post and was going home."

When her mum was diagnosed with Alzheimer's disease, Marianne Talbot decided she couldn't put her into a care home. Instead, for five years, she looked after her mum in her own home. For nearly three of those years she chronicled for the readers of *Saga Magazine Online* the fears and frustrations, the love and the laughter, and the tears and the traumas of caring.

Now, in this heart warming book, you too can meet Marianne, Mum, and the appalling Fatcat. You will also find plenty of practical tips for caring for someone with dementia and on staying sane whilst doing so, a resources and useful contacts section and Marianne's reflections on caring from a distance, and on when caring comes to an end. Written for anyone, anywhere, who has anything to do with dementia or with caring; in reading it you will know you are not alone.

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#### Mary Otter:

Spent a free a chance to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to test look for book, may be the guide untitled Keeping Mum: Caring for Someone with Dementia can be fine book to read. May be it can be best activity to you.

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