

Constance's Story:

My mother died of Alzheimer's in 2011 age 84. She'd had symptoms a while before I realized it because, like many in her situation, she worked very hard to cover. and I was quite ignorant about the disease. My guess is that she'd had it for 10 years or more before her death.

The end of her life was not pleasant and parts of it will stay with me as regret to the end of mine. My mother did not fit the group purported to be at the biggest risk for dementia: she was always active physically, read and enjoyed many crafts, cooked nutritious meals always, and kept some socialization in her life, albeit a small amount.

She did have what I would call neuroses, for lack of a diagnosis, all of her life (sleepwalking, wild mood swings), and an old head injury, but in many ways she enjoyed life and was cheerful and energetic. Her parents died at 68 and 65, so I don't know what they would have developed had they lived longer. One of her brothers died at 75, but the other one lived longer and developed Alzheimer's also. Naturally, I am worried about myself (and my family members) at age 72 now, so am eager to join this group and help move treatments and life changes available along for all.