



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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