

**10 THINGS I WISH SOMEONE
WOULD HAVE TOLD ME BEFORE
STARTING
THE DEMENTIA JOURNEY...AND
ONE I HAD TO LEARN ON MY
OWN**

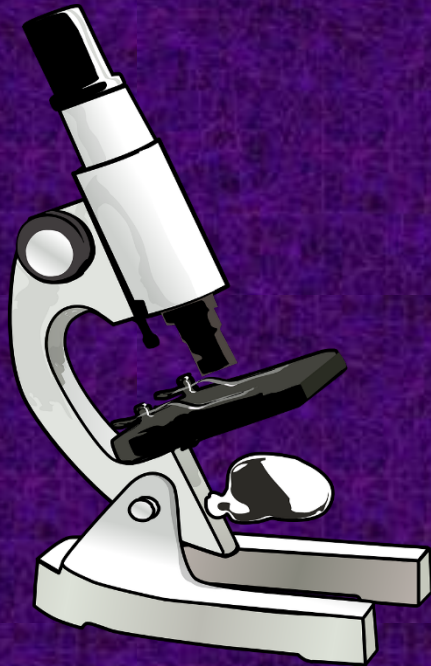
#10

UPS AND DOWNS

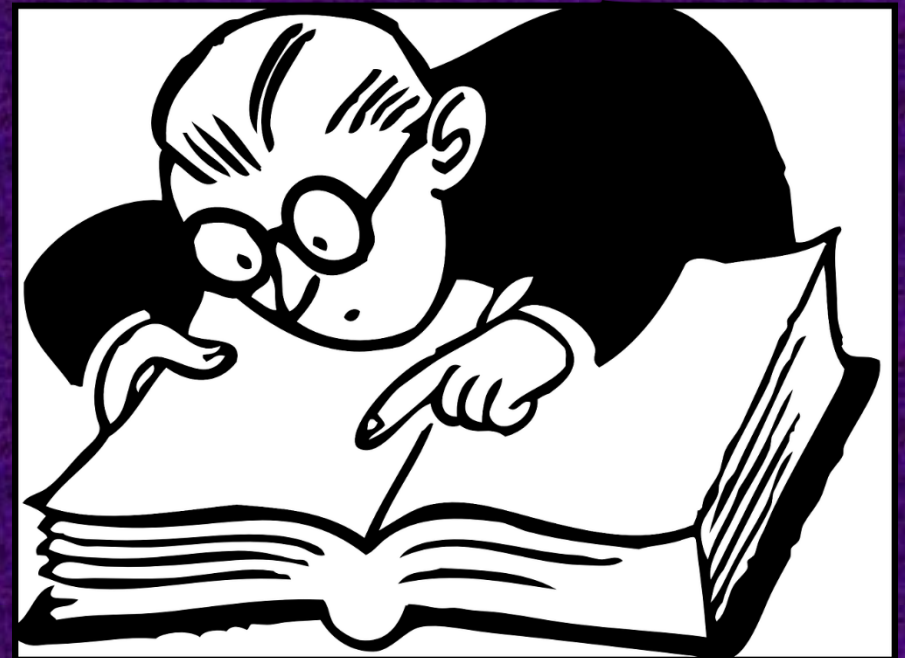


#9

ELDER LAW ATTORNEYS ARE ACTUALLY LAW NINJAS



+



#8

**PALLIATIVE HOSPICE ISN'T
(ONLY)
ABOUT CASSEROLES**



#7

**MAKE LISTS AND CHECK'EM
TWICE**



#6

**YOU CATCH MORE NURSES
WITH HONEY THAN YOU CAN
WITH VINEGAR**



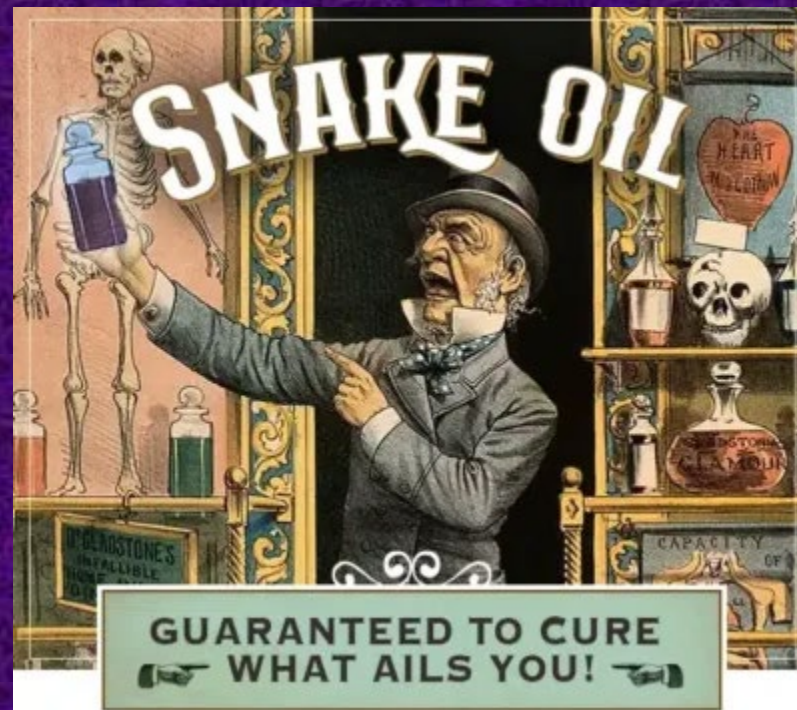
#5

COMMUNITY PROPERTY



#4

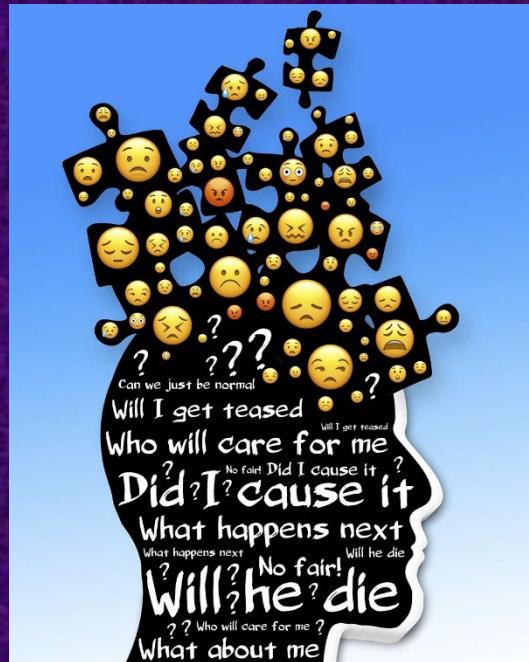
MEDS, MEDS, MEDS...BUT NO CURE



<https://nickbrumbywesterns.com/snake-oil-salesmen/>

#3

1000 GOODBYES WITH A SIDE OF CAREGIVER GUILT



#2

**DEMENTIA IS A MARATHON,
CAREGIVING IS A SPRINT**



#1

**EVERY DAY CAN HAVE JOY, BUT
SOME REQUIRE TWEEZERS TO
GRAB**



**BONUS THAT I HOPE YOU
LEARN QUICKLY:**

YOU ARE NOT ALONE



QUESTIONS? IDEAS?

