



Going the Distance: Caring for a Loved One with Lewy Body Dementia

Betsy Jordan

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Lewy Body Dementia took my beloved husband Pete on March 4, 2015. Upon his diagnosis, I became Pete's caregiver, and together we made the last months of his life a journey of love. LBD is a progressive neurodegenerative disease and the challenges are many, but our love was strong – and it was the love that made all the difference.

Additionally, I had the many lessons of long distance swimming to buoy me through this journey. In ocean swimming you face choppy waves, relentless swells, and uncomfortably cold water. These were the physical challenges I faced as a swimmer – and also the perfect metaphors for the challenges of caregiving.

In the end, this is both a love story dedicated to my husband Pete, and a love letter to my fellow caregivers. I hope that this book gives you some solace and insight through your own missions of love.

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