**Name :** Jacqueline Thomas

**PROPOSED TOPIC: What is your book about? What story can only you tell? (In 5 words or less)**Living with dementia as a caregiver.

**PROPOSED BOOK GENRE: What is your category?**

Non-fiction

**PROPOSED AUDIENCE: Who are your intended readers? Children; Ages :** n/a

**A specific population of adults :** caregivers who are caring for a parent **A certain interest group :** assisted living, alzheimer’s groups,  
**Students or an academic group :** n/a  
**Other \***n/a

**WHAT IS THE PURPOSE OF YOUR BOOK? Finish this statement: :  
The purpose of this book is to ...** . . .share my experience to help adult children navigate the challenge of life as a caregiver. Although it’s often thought of as a challenge, changing the way the caregiver thinks about caregiving can uncover opportunities that benefit all parties.

**HOW IS THIS PROJECT DIFFERENT FROM OTHER BOOKS LIKE IT ON THE MARKET? :**

If you have never researched other books like yours on the market, don’t make something up here; do the research! My book is different because it will...  
Not sure yet. However, I want to present caregiving from the perspective of an only child and pinpoint the parts of the Bible to help navigate the challenges.

**Give 5 THEMES THE READERS MIGHT ENCOUNTER WHILE READING YOUR BOOK:**

1. Be observant

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Yes

2. Address concerns early

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Yes  
3. Research dementia.

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**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Yes

4. Rethink your role as caregiver.

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Yes

5. Make it easy for yourself and take it easy on yourself.

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Yes

**EXPANDED TOPIC: Write a 20-word or less summary of what your book is about below. STICK to 20 words or less. If you cannot summarize your book in the words allowed, your focus is likely not narrow enough. :**Imagine this...one day you’re living your life and the next day you’re living with dementia. You don’t have it but you feel like you do because you’re now a caregiver for a parent who’s living with it. No, you didn’t sign up for this, but as an only child, it’s your assignment by default...or is it your assignment by divine. Perspective is everything. You see the change. You know its getting worse. Where do you turn when you’re the only one who can step in to protect your loved one’s interests?

Chp 1 - “Something’s Not Right”

* 1. Be observant
     + - * My mother’s place was usually very cluttered. There was no surface unoccupied. There might be a line of bottles each containing a different type of supplement that she was convinced would cure any number of ills that some ad convinced her she needed. There might be stacks of books, magazines, newspapers that she claimed she is planning to read. There might be piles of mail whether open or unopened all without a response. There might be clothes laying on the bed instead of in the drawers or closet. And course there’s the outdated knickknacks taking up space and collecting dust that never goes away. Walking in the house always made me feel claustrophobic. I was always amazed that she was never bothered by any of it. She just worked as much as she could and came home to sleep on the clear spot of the bed.
         * When I visited, I tried to clean up but as soon as I left, she was left on her own and she undid everything. But I continued to try to make sense of the disarray. As I did, I found important paperwork that was cast aside, cash that was tucked away in between the pages of books and cash in envelopes as part of the pile of mail. Of all the mail to respond to, she responds to some grifter thief who is funding their own pocketbook instead whatever charity they’re pretending to care about. She can’t be bothered to pay proper bills, but feels it’s necessary to send money in response to the biggest con job ever created.
         * Pay attention to any predators/scammers that regularly send mail or make phone calls to pressure your loved one to hand over their money, their personal information, and make financial decisions that they are not capable of making. These kind of decisions are so difficult to reverse and even more difficult to recover the funds and any sense of security.

* + - Make a note of the incidents that occur. Determine a pattern - this information will be helpful when you seek medical/behavioral advice
    - Speak to your loved one. Try to face medical issues head on. Be prepared for the denial.
      * + “I’m fine.” That’s my mother’s canned response to the question “How are you?”. When I spoke to her I did not get through. I did not meet her where she was because I didn’t understand where she was. Honestly, I still don’t understand where she is now.