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Lauren With a Side of Lewy

By Lauren U, PAC Core Team

I've been struggling a bit to find a topic for this month. So often now I find I have little to say.

My thoughts seem to be erased from my mind. It's not that I am not paying attention or trying to connect, it just takes a level of concentration that is often beyond my reach. The details are less and less important. "I don't care" is in my head more frequently.

Some things remain steadfast. Routines are necessary. Without them, I lose a sense of time and importance. Those expectations have become predominant. As I lose connection with thoughts, details, and ideas, I find comfort in the expected.

But oh, if the routine is disrupted or if what I expect does not happen, I am lost and I am unhappy. While I lose interest in some of the small details in life, others are paramount.

This Lewy thing, so weird.

*Lauren U is a member of the Positive Approach™ to Care (PAC) Core Team. She was a registered nurse with the ANCC Board Certification in Psychiatry for 30 years. Now she is the keeper of the frolic. Lauren has been living with Lewy Body Dementia (love how they add "with behavioral disturbance") for over five years. She currently lives in Northern California with her professor husband, Eddy. She enjoys spending time with her friends (the horses) at her **TROTR** equine therapy program. PAC agrees with Lauren – that she is delightful!*