

## Active Through Triking

by Susan Straley, Author of *Alzheimer's Trippin' with George*

I stand next to George. In front of us is our recumbent tricycle. George is approaching late stage dementia. He is wobbly on his feet. He sometimes drools. He can't speak. He is incontinent.

But here we are, eight miles from home. We have ridden here on our tandem trike with an electric motor that helps us keep up with our bike friends. We stopped to use the restroom. Now he has to lift his foot about 2.5 feet high to step over the trike to straddle it and then sit on the seat. I stand next to him ready to support him if he stumbles, and I just wait silently so he can process the next move. Then he does it; he lifts his leg over without a problem. I strap his feet onto the pedals, and we are ready to continue our ride, sometimes riding 40 miles in a day.

This activity has helped us remain healthy, strong, and social while George lives with dementia and I partner with him to provide care. All of that has helped me maintain some sanity. Exercise actually increases endurance and daily energy availability, so you have more energy to deal with dementia.

Recumbent bikes have a comfortable seat, and the pedals are out in front instead of underneath like on a regular bike. The tricycles attract attention, and before George lost cognitive function, he often had the opportunity to educate the curious about the advantages of riding trike.

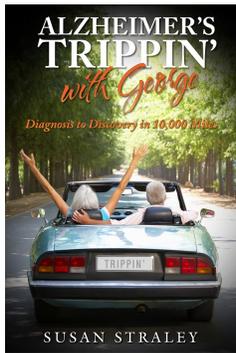
Riding became a big part of our lives. The blessings of riding included the following:

**Time with friends** – Before and after retirement, we were riding with the same friends regularly. By doing this, we created a community that supported us when we needed it. This love story is detailed in my second book, *Alzheimer's Trippin' with George – The Journey Continues*, scheduled for release on Amazon in June.

**Time in nature** – This can relieve stress and recharge the soul.

**Exercise** – There is a whole long list of advantages from heart and brain health, stress relief, balance, and mobility.

By exercising on and off the trike (we walked and stretched also throughout his time with dementia), George remained mobile much longer. While others in our support group were using walkers and wheelchairs, we continued to walk, ride, and get up and off the floor during yoga. This allowed George to stay at home with me and made his care much easier.



See pictures and learn more about their travels around the U.S.A. after George's diagnosis in [Alzheimer's Trippin' with George – Diagnosis to Discovery in 10,000 Miles.](#)

The second book, *Alzheimer's Trippin' with George – The Journey Continues, Dementia Caregiving with Friend, Family, and Community Support* is coming out in June, 2019.

To get on an email list to be notified when the books are available on Kindle or in paperback, email [Susan.](#)

*Susan Straley started to journal at age sixteen. In 2016, she began journaling online to provide a platform to bring her family and friends with them as she and her husband traveled on their road trip across the U.S. As their trip progressed, Susan began to share more about their other journey with her husband's dementia symptoms. This [journal](#) is now being published into two books.*

*Her first book, Alzheimer's Trippin' with George—Diagnosis to Discovery in 10,000 Miles, shows her passion for openness, honesty, and sharing what she learns along the way. Her second book, Alzheimer's Trippin' with George—The Journey Continues, Dementia Caregiving with Friend, Family and Community Support is scheduled for release in June, 2019.*

*Susan resides in Inverness, Florida and still enjoys riding her tricycle with friends.*