



# *Solitude*

So many of us are frightened of being alone. It is in our childish nature to fear solitude and lack of care, but the world can be a lovely place in solitude. The quiet, the noise of the wind blowing gently through the trees, and the birds chirping as the sun rises on a warm desert morning can be magnificent. When you live for so long with someone who is demented, frightened, needy, aggressive, you never have a chance to notice, reflect or enjoy these moments of solitude. And peace. The disease is so insidious. It begins slowly with moments of behavior from your loved one that may just seem slightly out of character, or possibly more aggressive than normal. It proceeds slowly over time to the point where you are truly walking on eggs 24/7 and you don't understand how much of your being is lost by this continuous watchful reaction. We all want to do the right thing for our loved ones, but we are totally unconscious of what our care giving is costing us. As I watched the sun come up this morning over a cup of coffee, I saluted the sky in the knowledge that my loved one was safely being cared for, and I was free to peacefully breathe in the beauty of the oncoming day.

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Carter Bell developed early on-set Alzheimer's and his wife Cora, cared for him at home for 10 years. The morning after she had placed her husband for long-term care, she wrote her thoughts on now being alone. Cora has graciously offered to share her feelings with you.

*Written on April 22, 2013*



For more information about caring for a loved one with Alzheimer's or related Dementia, visit [www.dementiahelpcenter.com](http://www.dementiahelpcenter.com)