

## 5 stories share how to live the best life with dementia

- (1) *Somebody I used to know* by Wendy Mitchell

Wendy was diagnosed with young-onset Alzheimer's at 58. She also has a blog titled "Which me am I today?"

<https://whichmeamitoday.wordpress.com/>

- (2) *Cotton Wool in My Head: A First-Person Account of Alzheimer's* by Jacques Boersma

After his diagnosis, Jacques became a columnist and wrote about dementia and his personal experiences being diagnosed and learning to live with his new reality.

- (3) *Memory's Last Breath: Field Notes on My Dementia* by Gerda Saunders

Gerda was 61 and working as a college professor when she was diagnosed. She also has a blog titled "Living with My Dementia".

<https://www.gerdasaunders.com/blog/>

- (4) *We Danced: Our Story of Love and Dementia* by Scott M. Rose

Scott writes about his beloved wife who passed away in October 2019 with Frontotemporal dementia (FTD).

- (5) *An Unintended Journey: A Caregiver's Guide to Dementia* by Janet Yagoda Shagam

Janet is a science writer who cared for a parent with dementia.