

SHOW NOTES

EPISODE 9: A TRIP TO STUMPED TOWN DEMENTIA

Stumped Town Dementia, written by Lickety Glitz is a personal blog chronicling the dementia adventures of Girl and The Other Girl, sharing hilarious, heartbreaking, bittersweet and courageous moments of life with their Mom who has vascular dementia. They celebrate the insanity and relish the laughter in their journey. This blog helps them make it through the days when there are no smiles to be had.

- 1:26 How did Stump Town start
- 3:15 Helps process
- 3:50 Funny stuff not just sad
- 8:02 Anyway you get through dementia is the way you get through dementia
- 8:54 Having a village
- 11:18 How they made their village
- 13:29 Secrecy stage
- 15:21 Not pretending anymore
- 17:22 Community in knowing others
- 22:10 Their plan
- 22:50 Backup plan
- 24:21 Caregiver guilt over other caregivers not having the same
- 25:40 Mom wandered away
- 26:25 Create safe but autonomous
- 28:55 Not losing them they're next to you
- 29:28 Focus on what is remaining
- 34:00 Any hesitation in posting what she does
- 36:40 The importance of Respite
- 39:00 Respite can be a lot of different things
- 40:15 What advice Lickety would give to newly diagnosed
- 42:10 What needs to change
- 46:30 Options based on commonalities that should be given by doctor
- 49:00 Caregivers re-inventing the wheel
- 50:17 Permission to laugh