



# **A Daughter's Diary: One Woman's Journey With Her Mother's Dementia**

*Julie Hayden*

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An epidemic is about ready to break out in our nation - Alzheimer's and dementia are attacking Baby Boomers like never before. This is my story of walking this path with my mother. I'm part of the sandwich generation. We are "sandwiched" between caring for our children and caring for our parents. As part of this growing group, we face huge challenges of balancing the needs of both our parents and children, as well as our own. As you read this raw account of my family's journey with dementia, I hope that you will be better equipped and prepared should you face similar issues with your family or loved ones.

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