

# In-Depth: A Caregiver's Voice

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MINNEAPOLIS - So many baby boomers are not only taking care of their children, they are taking care of a sick or elderly parent. Caught in the middle, there may be no one who understands what they're going through.

Which is why a Minnesota mom has created a website and blog to help herself and others get through the tough times.

Lori La Bey and her mother Dorothy find ways to connect through the haze of Alzheimer's.

"Alzheimer's has really significantly changed who I am as a person who I want to be and what I want to do with my life."

La Bey's mother just celebrated her 82nd birthday. "She has had memory problems since her mid 50's so a long time."

The disease that took so much from her family has given La Bey a new path in life. "I started it because of seeing so many people not knowing how to interact, so I have a resource website called Alzheimer's Speaks."

La Bey believes her website, Alzheimer's Speaks, gives a voice to a disease that so often silences. Not only its victims but family and friends.

"Long term friends of theirs pulling back, not knowing how to interact and it was so sad." La Bey remembers.

'Alzheimer's Speaks' helps break the silence with information and support.

"I have techniques and tips on how to communicate."

La Bey also has a blog which basically has a little bit about her and lessons she has learned. She also has lots of stories of how I've gotten through this, what I've pulled from it.

They are stories other caregivers can relate to.

La Bey doesn't know how long she has with her mother. She wants to make the most of every moment they have and help others do the same.

"I get so much joy and satisfaction helping other people learn how to connect with this disease and how to survive it."

La Bey also shares her insight at community education classes. She has one coming up this Monday, February 22nd. To sign up contact Brittany Dixon, Anoka-Hennepin Adult Learning Programmer, at 763-506-1291. Or e-mail her at:

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**To access La Bey's websites and blog go to:**

<http://www.AlzheimersSpeaks.Wordpress.com>

<http://AlzheimersSpeaks.com>

<http://www.SeniorLifestyleTrends.com>