

# We Danced Our Story of Love and Dementia



## We Danced: Our Story of Love and Dementia

by Scott M Rose

★★★★☆ 4.2 out of 5

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In the twilight of her life, as dementia stole her memories, we found a way to reconnect through the power of dance. Our story is a testament to the resilience of love and the transformative power of movement.

My wife, Sarah, was diagnosed with Alzheimer's disease in 2015. At first, the symptoms were subtle: she would forget where she put her keys, or she would have trouble recalling the names of our friends. But as the disease progressed, her memory loss became more severe. She started to forget who I was, and she would often get lost in her own home.

It was heartbreaking to watch the woman I loved slowly disappear before my eyes. I felt helpless and alone. I didn't know how to reach her anymore. One day, I was sitting in our living room, watching Sarah pace back and forth. She was clearly agitated and confused. I tried to talk to her, but she

didn't seem to understand what I was saying. In a moment of desperation, I put on some music and started to dance. To my surprise, Sarah started to dance with me. It was as if the music had unlocked something deep within her. She moved gracefully and with a joy that I hadn't seen in her for months.

We danced for hours that day. We danced through the living room, the kitchen, and the dining room. We danced until we were both exhausted. But when the music stopped, Sarah didn't forget who I was. She looked at me with love and recognition in her eyes. It was as if our dance had created a new memory, a memory that would last long after the disease had taken everything else.

We continued to dance every day after that. We would dance in the living room, in the park, and even in the hospital when Sarah was in the final stages of her illness. Dance became our way of communicating, our way of staying connected. Through dance, I was able to reach Sarah in a way that words could no longer do.

Sarah passed away in 2020. I miss her every day, but I'm grateful for the memories we made together. Our dance story is a reminder that even in the face of adversity, love can find a way to prevail.

## **The Power of Dance**

Dance has been shown to have a number of benefits for people with dementia, including:

- Improved cognitive function
- Reduced agitation and anxiety

- Increased socialization and communication
- Improved balance and coordination
- Enhanced mood and well-being

Dance can also be a powerful tool for caregivers. It can provide a way to connect with your loved one, to reduce stress, and to improve your own well-being.

### **How to Start Dancing with a Loved One with Dementia**

If you're interested in dancing with a loved one with dementia, there are a few things you should keep in mind:

- Start slowly and gradually increase the amount of time you dance.
- Choose music that your loved one enjoys.
- Be patient and don't get discouraged if your loved one doesn't seem to respond at first.
- Focus on the connection and the joy of dancing, rather than on perfection.
- If your loved one is physically unable to dance, you can still find ways to incorporate movement into your interactions. Try swaying, rocking, or tapping your feet to the music.

Dancing with a loved one with dementia can be a rewarding and meaningful experience. It's a way to connect, to communicate, and to create lasting memories.

### **Resources**

- Dance for Dementia (Alzheimer's Association)
- Movement and Parkinson's (Parkinson's Foundation)
- The Healing Power of Dance for People with Lewy Body Dementia (Lewy Body Dementia Association)
- Virtual Support Groups for Frontotemporal Dementia (Association for Frontotemporal Degeneration)
- Vascular Dementia (Vascular Dementia Association International)
- Mixed Dementia (Mixed Dementia Support Group)
- Caregiver.org
- AgingCare.com
- Hospice Foundation of America



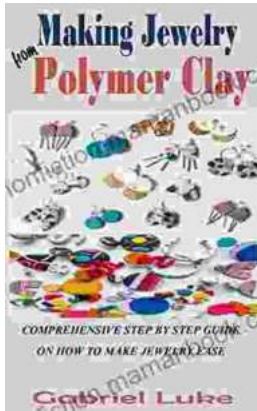
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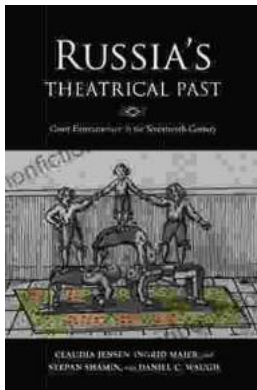
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