

# One House Three Generations: A Journey Into Alzheimer's



## Keeper: One House, Three Generations, and a Journey into Alzheimer's by Andrea Gillies

★★★★☆ 4.4 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 338 pages



In a small town in the Midwest, a family of three generations lives under one roof. The grandmother, in her 80s, is slowly losing her memory to Alzheimer's disease. The mother, in her 50s, is struggling to care for her mother while also raising her own family. And the daughter, in her 20s, is trying to make sense of it all.

The family's story is told in the documentary film "One House Three Generations." The film follows the family for two years, as they navigate the challenges of Alzheimer's disease. The film is a moving and intimate portrait of a family in crisis, but it is also a story of hope and resilience.

The grandmother, Dorothy, is a kind and gentle woman who has always been the glue that holds her family together. But as her Alzheimer's progresses, she becomes increasingly forgetful and confused. She starts to

lose her ability to speak and to walk. She becomes incontinent. And she eventually forgets who her loved ones are.

The mother, Mary, is Dorothy's primary caregiver. She has to help her mother with everything, from bathing and dressing to eating and going to the bathroom. Mary is also responsible for managing Dorothy's finances and making sure she takes her medication. It is a demanding job, and Mary is often overwhelmed.

The daughter, Sarah, is a young woman who is just starting out in her life. She is trying to balance her own needs with the needs of her mother and grandmother. Sarah is often frustrated by her grandmother's behavior, but she also loves her dearly. She knows that her grandmother is not responsible for her actions, and she is determined to help her mother care for her.

"One House Three Generations" is a powerful film that sheds light on the challenges of Alzheimer's disease. The film is a reminder that Alzheimer's is not just a disease of the elderly. It can affect people of all ages, and it can have a devastating impact on their families.

The film is also a story of hope and resilience. The family in the film is faced with enormous challenges, but they never give up on each other. They learn to adapt to the changes that Alzheimer's brings, and they find ways to support each other.

The film is a reminder that Alzheimer's is not a death sentence. It is a disease that can be managed, and it is a disease that can be lived with.

## **Tips for caregivers**

If you are caring for someone with Alzheimer's disease, there are a few things you can do to make the experience easier for both of you.

- **Be patient.** Alzheimer's disease is a progressive disease, and it can be frustrating to deal with the changes that your loved one is going through. But it is important to remember that your loved one is not responsible for their behavior. They are simply victims of a disease.
- **Educate yourself about Alzheimer's disease.** The more you know about the disease, the better equipped you will be to care for your loved one. There are many resources available online and in your community that can provide you with information about Alzheimer's disease.
- **Seek support.** Caring for someone with Alzheimer's disease can be isolating. It is important to reach out to family, friends, and other caregivers for support. There are also many support groups available for caregivers.
- **Take care of yourself.** Caring for someone with Alzheimer's disease can be stressful. It is important to take care of your own physical and mental health. Make sure you are getting enough sleep, eating healthy foods, and exercising regularly.

## **Resources for caregivers**

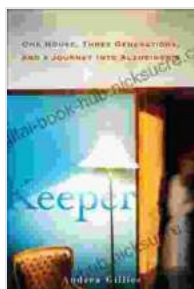
There are many resources available to help caregivers of people with Alzheimer's disease. Here are a few:

- **The Alzheimer's Association:** The Alzheimer's Association is a national organization that provides support, education, and resources to caregivers of people with Alzheimer's disease. The Alzheimer's

Association has a website, a helpline, and local chapters all across the country.

- **The National Institute on Aging:** The National Institute on Aging is a federal agency that provides research and information on Alzheimer's disease. The National Institute on Aging has a website, a helpline, and publications that can help caregivers.
- **Local support groups:** There are many local support groups available for caregivers of people with Alzheimer's disease. Support groups can provide a safe and supportive environment for caregivers to share their experiences and learn from each other.

Alzheimer's disease is a devastating disease, but it is not a death sentence. With the right care and support, people with Alzheimer's disease can live long and fulfilling lives.



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