

*from Bob Murray – a person living well with dementia*

## **My Voyage with Dementia: The Voyage Begins**

I have Mild Cognitive Impairment (MCI). In more detail, my diagnosis is "Frontal Temporal Dementia" (FTD). SCARY! My new voyage begins.

I am 78 years old, university educated, and am active in sports. I maintain a healthy lifestyle, and am married with 2 kids. I have a good brain - but a lousy memory.

So much has changed in the last 10 years. My wife died and I retired from my own small business. In 2013, I felt that my memory was declining and, against my friends advice, I went to see my doctor. She gave me the "clock" test and recommended that I go to the hospital for a brain scan (SPEC). I did and the result was a diagnosis of MCI - FTD. Scary! What to do? Next, my doctor sent me to a neurologist at the Toronto Memory Clinic for more tests and counseling. They tried Aricept- a drug commonly prescribed to people with dementia - but it didn't seem to help.

By this time I had remarried. My wife and I decided to move to Southwestern Ontario for it's peace and quiet. Now, I am involved in my local hospital's mental health program. Unfortunately, the medical system does not have a solution for the disease called Alzheimer's but research is continuing.

Now, I am becoming active in the programs of our local Alzheimer's Society for counselling and programs such as "Learning the ROPES for MCI" and the Circle of Friends Peer Support Group which are helping me and my wife to understand how to live well with MCI.

I'm very happy that I contacted the Alzheimer Society of Huron County - they are terrific!

The voyage continues.

*Link to website*