



My wife **Sarah** has always been the organizer. She runs the house, pays the bills, and plans our vacations. Over the past year, she has become quite muddled. The doctors told us she has Alzheimer's disease.

We were both very frightened but have had lots of help including from our occupational therapist who:

- **Worked** with us to figure out what household jobs need doing and how we can best do them together.
- **Made sure** that we each take the time for our own interests.
- **Is helping** us plan ahead for any changes we may need to make in the future.

Life doesn't seem quite so overwhelming now and we are managing fine.

Because of occupational therapy, my wife and I can continue to live at home together.