Life has been challenging and rewarding as I think back upon my role as a caregiver. The challenges come in different forms: seeing the person you know one way – able and aware, to seeing that person needing all your help in everything he does.

The rewards are vast. The progressions to recovery can feel slow, and are slow, but suddenly things take a turn for the better, improvement becomes daily and is not just an event, but a characteristic of a whole life.

This is not a race. This recovery period, it is a marathon. I always remind us of that idea as we continue to move along and get better.

-*FB*