

Did you know Alzheimer's can sometimes be linked with dissociative identity disorder? In our latest podcast, we dive deep with author Marc Alderdice about his memoir, "Don't Forget to Dance," capturing his wife Mary's unique journey through Alzheimer's and dissociative identity disorder (also known as Multiple Personality Disorder). Faced with shocking challenges like her erratic behavior and four distinct identities, Marc sheds light on balancing caregiving with finding joy in life. We discuss early diagnosis, the importance of proactive decision-making, and the emotional journey of a male caregiver. This heartfelt conversation is a testament to resilience, love, and the power of embracing every moment. Don't miss this inspiring episode, now live!

BOOKS & CHIT CHAT

Two Diagnoses, One Love Story: Dissociative Identity Disorder & Alzheimer's

Featuring Marc Alderdice



- Understand the unique experiences of the Alzheimer's journey, gaining insights that can help you navigate the challenges with more confidence.
- Prepare yourself emotionally and mentally for the impact of Alzheimer's, arming yourself with the resilience and coping strategies needed to face the journey ahead.
- Explore the relationship between dissociative identity disorder and Alzheimer's, gaining a deeper understanding of the complexities involved in caregiving.
- Discover valuable techniques for communicating with nonverbal Alzheimer's patients, fostering deeper connections and understanding.

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