

PURPLE PROFILES *of* COURAGE



Name: Amy Walton

My Connection to the Cause:
I support or care for someone with Alzheimer's.

My Inspiration:
My mother Mary Ann

How I Stay Strong: My sources of strength include my friends, co-workers and family. Having people who will take time to sit down and listen to my fears and concerns helps me work through all of the emotions that go along with an Alzheimer's diagnosis. Independent research in the beginning was helpful – the Alzheimer's Association website is full of information and support.

My Advice to Others: I used to believe an Alzheimer's diagnosis was a death sentence. Now I realize you can still have a very loving and fulfilling relationship. It is all what everyone involved makes it to be. I encourage you to check with the Alzheimer's Association for available resources and support. We benefitted from resources such as occupational/speech therapy and home health. We wouldn't have known about these options without discussing our situation with someone. Finally, find your rock or source of strength to rely on through the journey.

My #ENDALZ Battle Cry: "I will fight for a cure as long as I live and especially for those who are no longer able!"