



A Walk Back Through Time

Paula Bateman

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A Walk Back Through Time is one woman's story of the nine years she spent caring for her mother who had been inflicted with Alzheimer's, and her eventual involvement in the growth of their local Alzheimer's support system. Paula J. Bateman gently walks us through her experiences as she shares her journey toward understanding this devastating disease that affects too many. She leads us through the shock, dismay, grief, and even the guilt that many feel as they try to cope with the effects of memory loss on those they care for as well as the caregivers themselves. Ms. Bateman has included stories of other caregivers who became a part of her support system, as well as ideas and practices that she found helpful in her work as a caregiver for her mother and a facilitator of the Alzheimer's support group that she led for 18 years.

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