

21:08 My name is Patty Kim and my mother is currently living with Alzheimer's disease.

21:19 My mom is very strong, very motivated. She was diagnosed with Alzheimer's disease about six years ago. And she continues to be strong in a silent way. And she's happy on most days.

21:35 My mom is very strong willed. Stoic to a fault, extremely dedicated.

21:42 She came to Canada in her mid-20s, learned English and she worked very hard to raise children and to make us the best people that we could be.

21:57 People said, oh what were her hobbies? All she did was work (laughs)

22:07 My parents were self-employed. They worked very hard. They had a number of different businesses. Their last business was a fish market at the St. Lawrence market. And they operated that for over 25 years. 22:23 And towards the end, as my mom was kind of unraveling, my brother stepped up and managed the store. But it's a big operation and it was too much with my mom kind of wandering. And it was very difficult to maintain a business and to also look out for her.

22:42 I remember sitting in the doctor's office with my brother and my mom and the doctor. And I remember the diagnosis and I'm pretty sure my ears were ringing because I didn't want to hear that.

23:01 It was all pretty quick. It was like, very perfunctory and perhaps it actually didn't happen that way, but that's how it felt. I felt rushed to leave.

23:16 My maternal grandmother also had Alzheimer's, so I had an idea of what lay ahead but of course, every person's experience is going to be a little bit different. And I kept telling myself that.

23:30 The very first time we were told she had that, I was really stunned. I felt very lost, not knowing how we were going to get through it, what might happen. I didn't even really know.

23:48 And then the next visit, we were told that she would basically hand over the care of my mom to someone else. It was disappointing. I accepted that there's not a whole lot that can be done but surely someone in the medical community can hold my hand as we get through chapter to chapter.

24:16 I fortunately saw a story about Dr. Weaver and all of the great things that he and his team were doing. And on the off chance that he'd be willing to stay by our side, I reached out to him. And to this day, I'm very grateful that he agreed to see my mom.

24:42 Caring for someone with Alzheimer's, I would say, it's phasic. I have, I guess, periods of chaos and then interludes of some stability, juggling my roles as being a wife, a mom to two growing children. Doing my best at work and trying to find time to self-care (chuckles). It's certainly not easy and I feel out of control but everybody goes through this. And I have to remind myself I'm not the first, I'm not the last.

25:26 I remind myself that this hurts so much because I love her so much.

25:35 I'm also very grateful. I have a very tight-knit family. And I give my mom a lot of credit for reminding us about the strength of family.

25:45 This is not a one-man show.

25:49 My message to other families that might be going through living and caring for someone with Alzheimer's would be, there is help, there is support. And it can get people through some pretty challenging times. So, reach out to family, friends and organizations that are there for everybody.

26:15 There will be periods of destabilization I'm sure, but touch wood, right now, things are pretty good.