

## Trav's Resources for Families Navigating Alzheimer's

Counseling: <https://www.eldercarecounselor.com/>

[THE BRAIN HEALTH KITCHEN](#) book  
[podcast](#)

[FINDING THE RIGHT WORDS](#) book  
[podcast](#)

[EVERYTHING LEFT TO REMEMBER](#) book

[OnBeing podcast](#) on ambiguous loss

[A MILE AT A TIME](#) book

[Mind What Matters](#) nonprofit supporting caregivers  
[podcast](#)

[FINDING MEANING IN THE SECOND HALF OF LIFE](#) book

Podcast: [www.travismacy.com/podcast](http://www.travismacy.com/podcast)

Supplement for brain health: [www.neuroreserve.com/travismacy](http://www.neuroreserve.com/travismacy)

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### WHAT IF WE SEE THE LONG GOODBYE AS A GIFT?

No one wishes for "the long goodbye," and it's generally presented as a struggle. That's true; the long goodbye is a monumental struggle. But what if we can simultaneously embrace it as a gift?

A chance to really live with purpose as a family.

A chance to grow wise: uncertainty is undeniable; patience is paramount; the process IS the point.

A chance to grow in thinking creatively, loving deeply, and communicating artfully.

A chance to dig deep in helping others and accepting help.

A chance to embrace nuance and uncertainty.

A chance to progress both as fast as we can and as slow as we must.

A chance to learn about grief and adopt the wisdom and humanity that come through grieving deeply over time, alone and in community.

A chance to train mentally, learning to eschew future hypotheticals and be in the moment--as exemplified by those experiencing dementia.

A chance to comprehend comparison as the thief of all joy--and in doing so be happier with things as they are right now and less sad about how the present stacks up against the past.

A chance to take on new and unforeseen opportunities--even as we navigate new and unforeseen challenges.

A chance to step back and gain perspective of our place in the cosmos and the circle of life.

A chance to connect and build community with those navigating a similar path.

A chance to take risks, focusing on quality over certainty and spending more time moving towards what we want than away from what we fear.

Thank you, Amy, for introducing me to the idea of the long goodbye as a gift.