



# And Then There Was Me: A Memoir

*Sloan Rogers*

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## **And Then There Was Me: A Memoir** Sloan Rogers

*The inescapable tug-of-war between heart and mind. Watching him negotiate the walking process often left me feeling slightly helpless. I wanted to make it easier. That was the nurturing side of me that had to find solace in knowing he was much happier making it on his own.* Everyone can name someone either in need of care, or providing care. For the caregiver and patient it is a dual passage with many complex questions of independence, progression of declining abilities, and respecting the patient's wishes. Family, friends, and coworkers are also faced with difficult questions. How can I help? What is appropriate to say or do? Author Sloan Rogers answers these questions and more through the vulnerable and inspiring account of her husband's six-year battle with deteriorating health. As he fought his illness, she fought for his comfort, his quality of care, and their peace. Her hardest battle, however, was how, when he was dependent upon her, could she retain both his and her autonomy? From the event that signaled the downward spiral from home to nursing home and finally hospice, Sloan honestly explains the challenges, doubts, and questions that assailed her during those painful six years in a way that provides advice, application, and an example of compassionate caring. But every cloud had a silver lining and so do yours. Adversity breeds strength of character and opportunity, and amidst the misfortune she maintained her dignity and grace in *And Then There Was Me*.

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