

WHATSON

Oakville author shares her caregiver journey video for Alzheimer Society of Hamilton Halton

Oakville Beaver
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To promote Alzheimer's Awareness Month (January), the Alzheimer Society of Hamilton Halton, together with Halton Hills Public Library, conducted a virtual interview with Oakville caregiver and author Judith Allen Shone.

The resulting video, A Conversation for Caregivers: with Judy Shone, is on YouTube (https://youtu.be/0wxaNi1n_Qk) for the public to get a sense of the life of a spouse-caregiver and her loved one with several diagnoses.

Shone is the author of two books about her world of caregiving, "Is There Any Ice Cream?" (2019) and "Did You Hide the Cookies?" (2020), the latter being about her journey in caring for a loved one with Alzheimer's disease and vascular dementia, as well as anxiety and COPD.

In the video, she shares her personal experiences with moderator Danielle Arbour, public education co-ordinator for the Alzheimer Society of Hamilton Halton.

Shone's two books make up the "Accepting the Gift of Caregiving" series. Both books can be found at many local libraries or ordered from local bookstores, as well as online at Amazon or similar booksellers.

Related content

Oakville and Milton Humane Society hosts Valentine's Day screening of The Woman Who Loves Giraffes

Shone also hosts a caregiving blog, Accepting the Gift of Caregiving, where she shares ongoing experiences, caregiver tips, educational resources, and related activities.

A YouTube video player interface. At the top left, it says "HHPL A Conversation for Caregivers with Judy Shone". To the right are "Watch later" and "Share" icons. The video title is "A CONVERSATION FOR CAREGIVERS with Judy Shone". On the left is a book cover for "Did You Hide the Cookies?" by Judith Allen Shone, with the subtitle "Inescapable Heartaches of Caregiving for My Love with Alzheimer's, Anxiety, and COPD". At the bottom right, there is a logo for "Friends of the Halton Hills Public Library" and the text "HALTON HILLS PUBLIC LIBRA Imagination | Innovation | Opportu".