

Caregivers Prayer

by Aorian Raymond

Dear God, Help me through another *day*
to face problems known and unknown.
Grant me sensitivity and understanding
so that I can cope gently with
my loved one, who rails at life with
bitter accusations and assails me
with recriminations that I know have
no basis in reality.

The harsh words are not really meant
for me - the bewildering actions
are totally the disordered trauma of
this cruelty; this devastating
disease that has trapped my loved one
in its merciless grasp.

How well I know -- but sometimes knowledge
fails me and I become frustrated,
impatient and unkind -- for Lord, I'm
one of your imperfect children, too
with a broken heart, a tired body and
an oppressed mind -- but
I'll go on and on believing, as I
hope and pray that somehow, somewhere, there will be a cure
one day.

Surviving Alzheimer's Disease is one of several helpful books published
by Elder Books, P.O. Box 4908, Forest Knolls, CA 94933.
Borrow them from our library in the Caregivers' Resource Center.