

You are not alone

Sue Downey

The Carer's Handbook

“You don't know how much a person is going to change – one minute they can be as nice as pie, the next a complete and utter angry bastard you wish you could slap back into reality. But, it's the nice as pie person you soon remember. And the one you realise has no control over his/her actions.”

These are thoughts Sue had everyday over the six years she cared for her husband Doug.

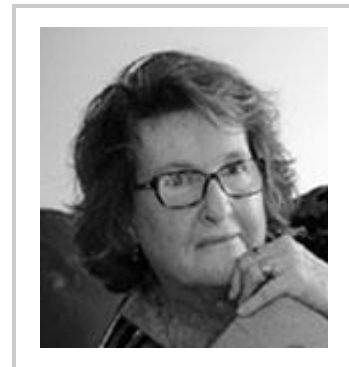
At 57 years old, he suffered a series of strokes and consequently developed Vascular Dementia. He died at the young age of 63 years. In a matter of one day Sue went from being a devoted wife to a devoted CARER – a dramatic transformation.

Sue Downey's reference book for personal carers takes you into a journey of life, how it can turn upside down overnight, and how to brave through it.

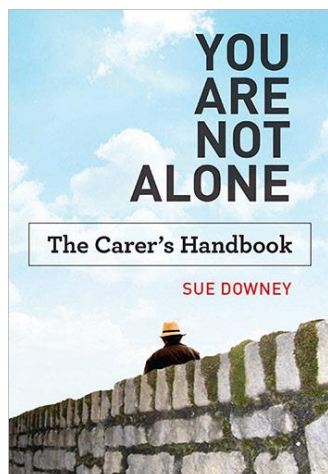
You are not alone is about Sue's journey. It is a tale of unconditional love, humour, guilt, heartache, strength and conviction. It is a story about SURVIVAL.

About the Author

Sue Downey, a proud 64-year-old grandmother of 8, graduated from the University of Southern Queensland (USQ) in 2012 as a Journalist. She worked for four years as a features writer [senior matters] for her local newspaper. As a self-employed Freelance Journalist, Sue has contributed as an Advertorial/Features/Travel Writer to Destinations Travel Magazine; Outer Edge Sports Magazine; Queensland Rail and Great Southern Rail. Sue is a self-employed Ghost Writer/Editor/Proofreader, and has prepared manuscripts to publication stage for three clients. Sue has tutored a U3A Creative Writing Class for 19 years and loves sharing her love of writing. Sue lives in Hervey Bay and enjoys a free and easy retirement.



Website: www.australianauthor.com.au



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auntyma@aapt.net.au

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