

# *You Are* Not Alone



*Dealing with Lewy Body Dementia*



Kathy Teyler Jarrett



Paranoia and a pistol. . .it starts. Ben was acting weird, his wife clueless why. What's scarier than finding your husband at the back door with a pistol, panicked about nonexistent robbers? Getting the diagnosis of Lewy Body Dementia. Though it affects 1.4 million people in the U.S. alone, few have heard of this "other" dementia. The touching, funny, sad stories and helpful hints here will guide you through the struggles of recognizing the first signs; getting the correct diagnosis and treatment; dealing with mental, physical, and relationship issues; finding fun; seeking legal and financial help; investigating short- and long-term care; and getting the support you need to survive the hardest job you'll ever have—dementia caregiver. Remember, you are NOT alone.

Kathy Teyler Jarrett graduated from Vassar College and earned a Master's Degree from Portland State University. She taught English and Speech for almost 25 years in Oregon. Since her husband's death, she has formed a local support group for LBD caregivers, fielded hundreds of calls for help on the Lewy Line (800-539-9767), appeared on local TV talking about LBD, and gives webinars and workshops about the disease and coping skills. She also helps moderate two FB groups for the LBDA. In 2019, she was awarded Volunteer of the Year by the Lewy Body Dementia Association. She continues her volunteer work to today in Ben's memory.

How to Order [You Are Not Alone: Dealing with Lewy Body Dementia:](#)

\*Paperback ISBN: **979-8-88679-224-9**

[https://www.amazon.com/You-Are-Not-Alone-Dementia/dp/B0D5VYMGSG/ref=sr\\_1\\_1?crid=30FDKV19XFPZP&dib=eyJ2ljojMSJ9.Zabcrk3ybQX3J9HnQh7OwVpwKNCl0ethlUSfW2qu9WLBKhzCEvZiPnQ382S3ZlI5XJMb4S63FMAeVZdsSqjYosg6vfwdPxJ1R6ic6vpq69iyKgcke7hq-wh7S\\_PN3wamloEPZeSSM9TiCRoRpU9tYA.CavHARwV4ewWFqb\\_672OQfAQa8UJGUG6K-IJOWW0Gys&dib\\_tag=se&keywords=you+are+not+alone+jarrett&qid=1717538185&sprefix=you+are+not+alone+jarret%2Caps%2C206&sr=8-1](https://www.amazon.com/You-Are-Not-Alone-Dementia/dp/B0D5VYMGSG/ref=sr_1_1?crid=30FDKV19XFPZP&dib=eyJ2ljojMSJ9.Zabcrk3ybQX3J9HnQh7OwVpwKNCl0ethlUSfW2qu9WLBKhzCEvZiPnQ382S3ZlI5XJMb4S63FMAeVZdsSqjYosg6vfwdPxJ1R6ic6vpq69iyKgcke7hq-wh7S_PN3wamloEPZeSSM9TiCRoRpU9tYA.CavHARwV4ewWFqb_672OQfAQa8UJGUG6K-IJOWW0Gys&dib_tag=se&keywords=you+are+not+alone+jarrett&qid=1717538185&sprefix=you+are+not+alone+jarret%2Caps%2C206&sr=8-1)

Paperback through KDP (on Amazon):

- KDP Retail Price: **\$38.95**

Paperback through IngramSpark (on book seller sites outside of Amazon):

- Expanded Distribution Retail Price: **\$38.95**

## **REVIEWS:**

This book is so perfectly written. I love that it contains loads of information and support but also stories and real life scenarios too. Kathy did an absolutely phenomenal job offering everything she can in this book to support others in this difficult journey. This is truly the best Lewy Body Dementia book out there. MUST HAVE. (Mari Jo)

I highly recommend this book to family members, medical professionals and others needing to build a toolset for handling and surviving the journey ahead. As you are doing your due diligence, I feel that this should absolutely be the first book in your collection. (Michael C)

I truly appreciate the tips on better ways to handle certain situations. I am so thankful that I purchased this important resource. You will not regret your purchase. Think of this as an encyclopedia for all things Lewy. (Lynnette K)

Kathy Teyler Jarrett had given this community of family members, caregivers and friends an informational library in one book! It's everything! (Cynthia)

**To contact Kathy: [kathyjarrett@gmail.com](mailto:kathyjarrett@gmail.com). [kathyjarrett.com](http://kathyjarrett.com)**

