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## **Reflections of an Alzheimer's Spouse (BLOG)**

Allan Vann writes his Huffington Post [Reflections of an Alzheimer's Spouse](#) blog and other articles for publication to increase public awareness of Alzheimer's and to help fellow caregivers. He refers to himself as a "spouse widower" because he feels that "in a very real sense I am already widowed ... I know that I must get on with my new life without Clare however I want to maintain our connection as long as possible, even if that means placing my 'new life' on hold in some ways."

Through his blog he shares his daily experiences caring for his wife including the challenges and emotions that spouses face when living with and caring for a loved one with Alzheimer's. Each blog explores different aspects of his journey. For example, in his [Acceptance blog](#) he explored how he came to accept his wife's Alzheimer's and learn to live with this reality in his daily life.

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