

36. A biopsychosocial perspective helps us in our understanding of Alzheimer because we are able to take multiple approaches in slowing down the effects of Alzheimer on our journey to figuring out how to eradicate it all together. In the video the Roy participated in aerobic exercises to keep himself in a happier mood, taking walks, reading, and doing a lot of simple pleasures with his wife in an attempt to slow down the process of the Alzheimer.

I think one of the most challenging aspects of the disease would to have the loss of your memories and the people in your life. I recently went to a story telling event in New York City where a woman told a story about how her ex boyfriend was in an accident and had a brain injury. He did not remember that they had broken up and asked to see her. When she got to the hospital it was clear that his short term memory had been impaired. The woman telling the story said her biggest fear was that he wouldn't remember their relationship. A period of life that she held so significantly in the timeline of her own life, just completely forgotten by the only other person that used to share those memories with her. She explained how lonely that feeling is, and you almost feel crazy, like it never actually happened.

I can only imagine that if I lost my memory I would lose all ability to hold intentional relationships. The whole bases of being known is to store up memories of these people we feel close to. If I lose my ability to remember I would no longer have an emotional connection to my family, friends, or past relationships. I think I would feel quite a lone and would have a hard time understanding why new experiences would even matter, if I would soon not be able to remember them.