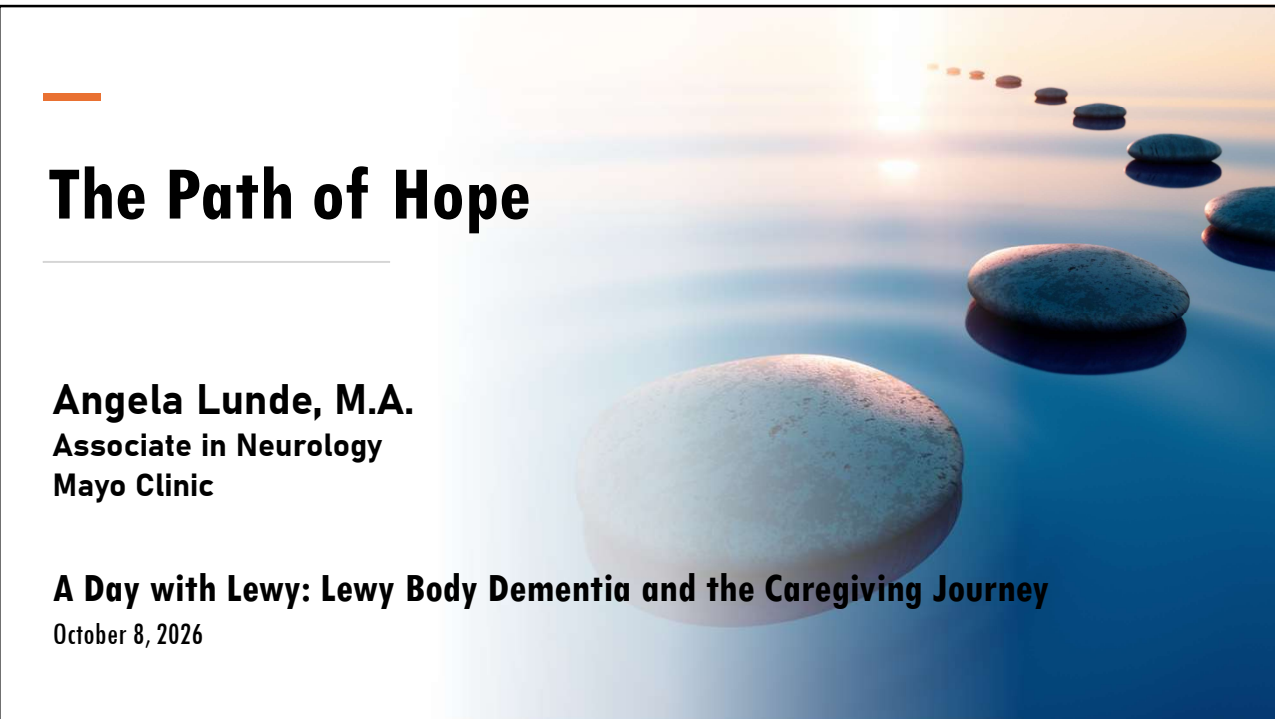




The Path of Hope

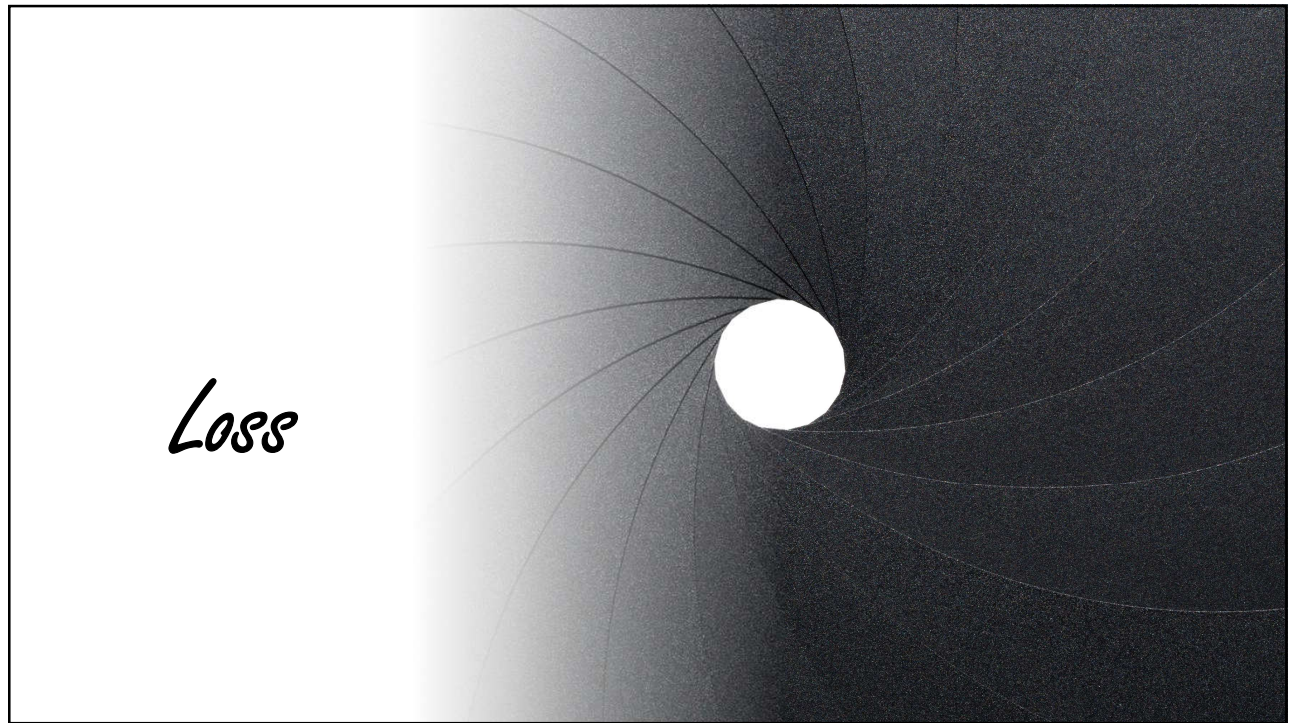
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Mayo Clinic

A Day with Lewy: Lewy Body Dementia and the Caregiving Journey
October 8, 2026

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4

**We need to know what's wrong
before we can we figure out
what to do next.**

5

**Lewy changes some things, but not
everything, and not all at once.**

6

**There is not a cure, but there
is so much we can do.**

7

**There is more right with you,
then wrong with you, no matter
what is wrong.**

Jon Kabat-Zinn

8



Hope

Hope is something you give yourself
it is both a mindset and a feeling that shapes
a life of possibility

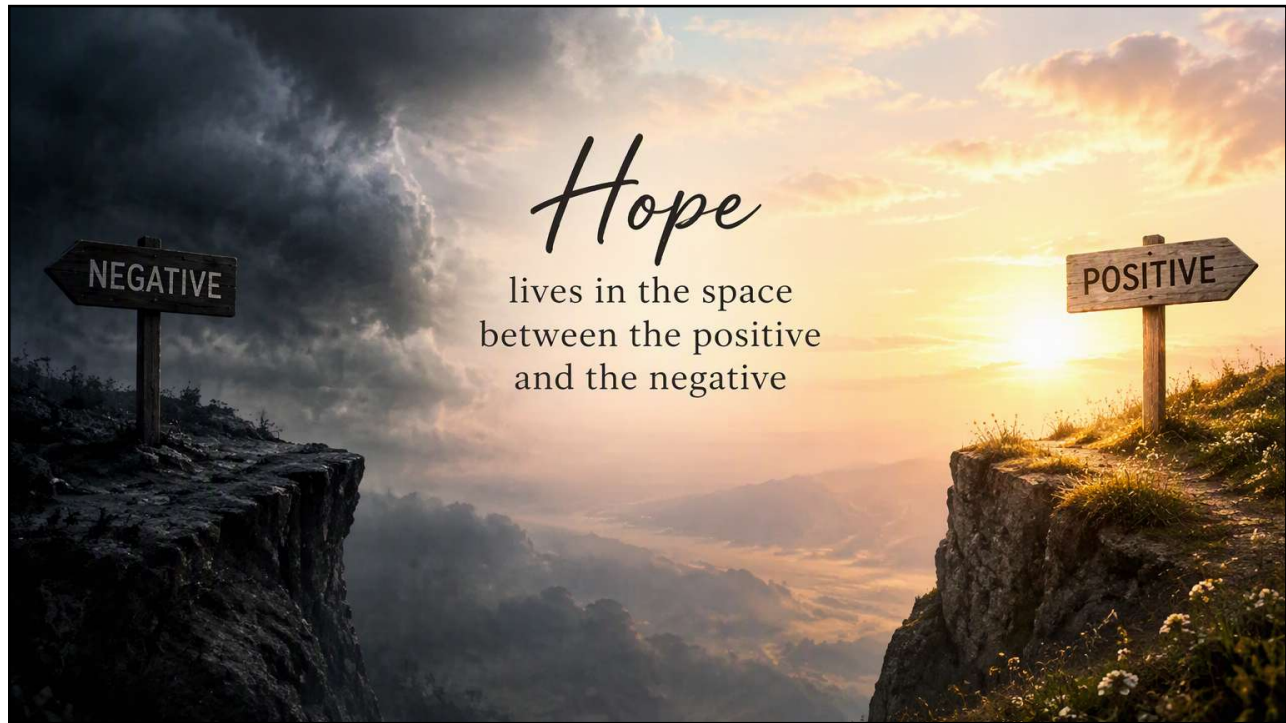
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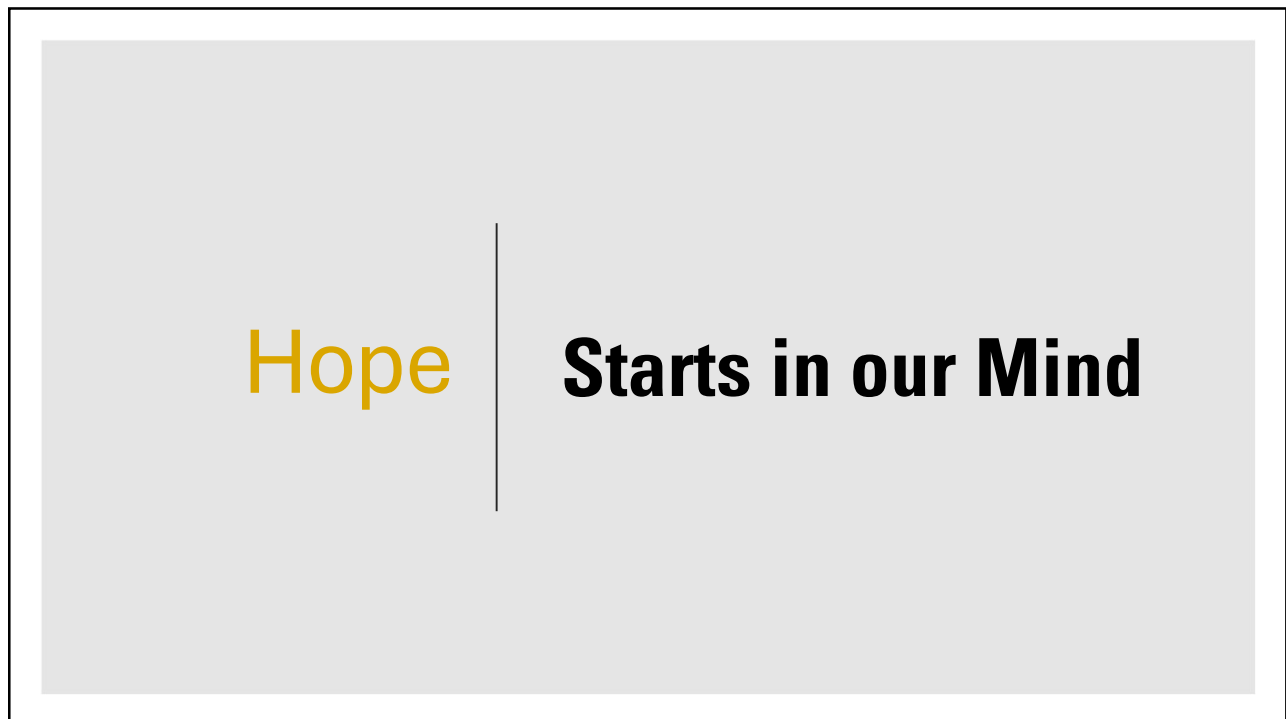
Hope

**Hope is the only emotion
that needs adversity and
uncertainty to flourish.**

10



11



12

A way of thinking (attitude)

- Lewy is a condition I have; it is not who I am.
- I will maintain a “can do” mindset.
- I believe in my ability to contribute, learn and live a meaningful life.
- I accept that things will eventually change, and I will need more help and support from others.
- I will treat myself with kindness and know that I am doing the best I can (self-compassion)

13



Mindset



Attitude



Outlook



Thoughts

14

**I have been so fortunate to have discovered
that Lewy Body Dementia is not the story of
my life. It is, rather, another plot
complication in my story.**

Michael

15

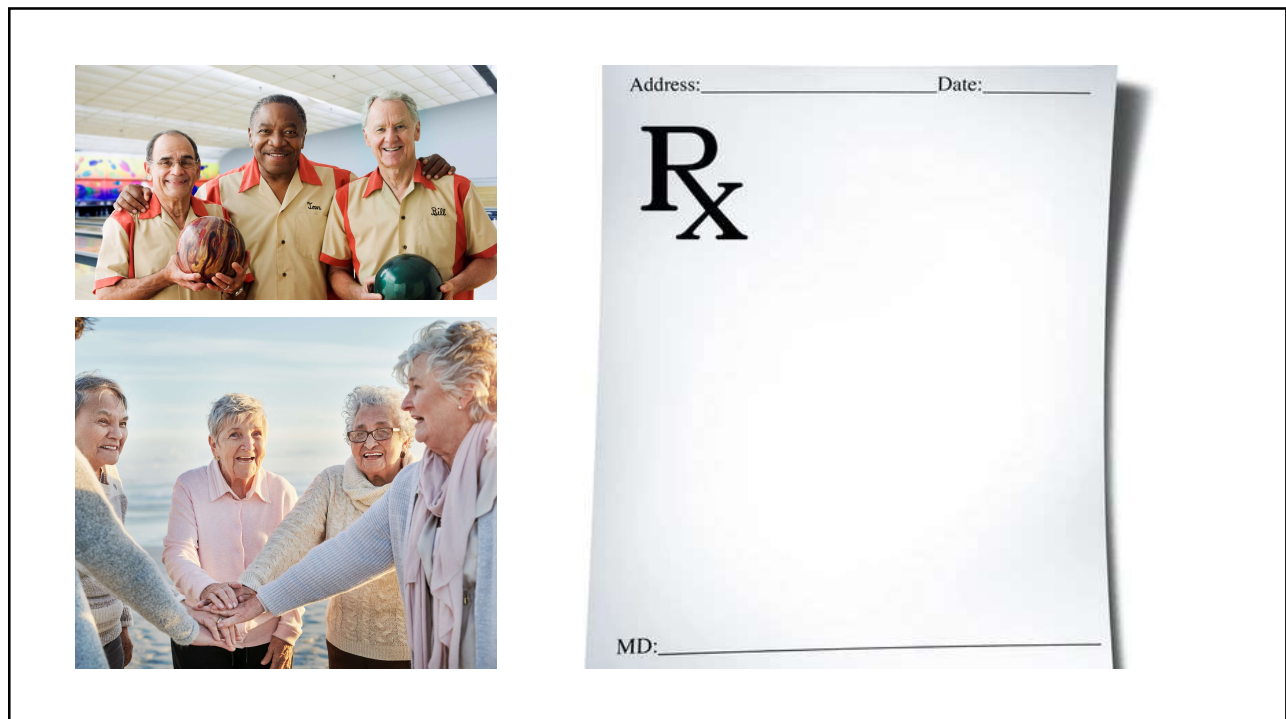
Hope

**Hope is strengthened by
the outside world.**

16



17



18

There's no healthy aging "magic bullet" that can guarantee joy and happiness as we age.

**But there may be something that comes close:
strong social connections made possible
through community.**

19



20

**Dementia caregivers are often the
invisible second patients**

21

**I have seen some caregivers fall into a
dark place of despair, and I have
witnessed those who seem to find light
within the darkness and preserve their
own wellbeing along the way.**

22

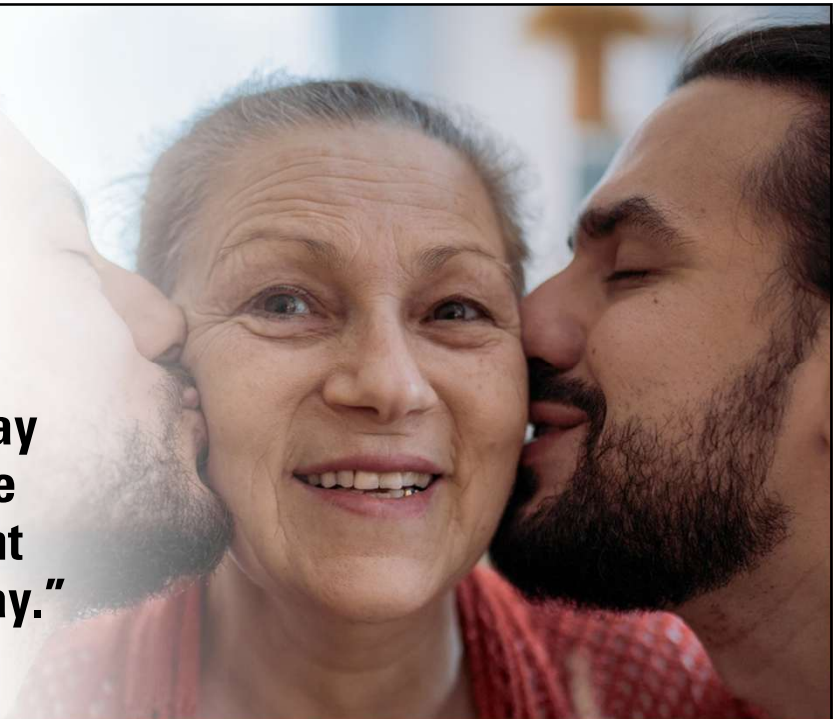
Mindset (an attitude)

Acceptance

- Making peace with 'what is'

23

“ We had to stop dwelling on the way our mom used to be and be fully present for who she is today.”



24

Mindset

Acceptance

- Making peace with 'what is'
- Being honest about what you can and cannot control
- Believing that good enough is good enough
- Letting go of the need to be "right"

25

**Acceptance is understanding
that someone else's world is
just as real as mine**

26

Hope | Starts in Our Mind

27

YOUR MIND IS A
garden
YOUR THOUGHTS
ARE THE SEEDS
YOU CAN GROW
flowers
OR YOU CAN
GROW WEEDS

28

Seed Thoughts

May I let love in

Be easy with yourself

It's ok to take care of my needs

Let me practice calm awareness

I am doing my best & that is good enough

My presence alone is a gift

May I remember the positive things that uplift us.

May I accept the surprises of this illness.

May I find ease in this moment

May I give myself the compassion I need

If he/she could, he/she would

It wont always be like this

29

Mindset

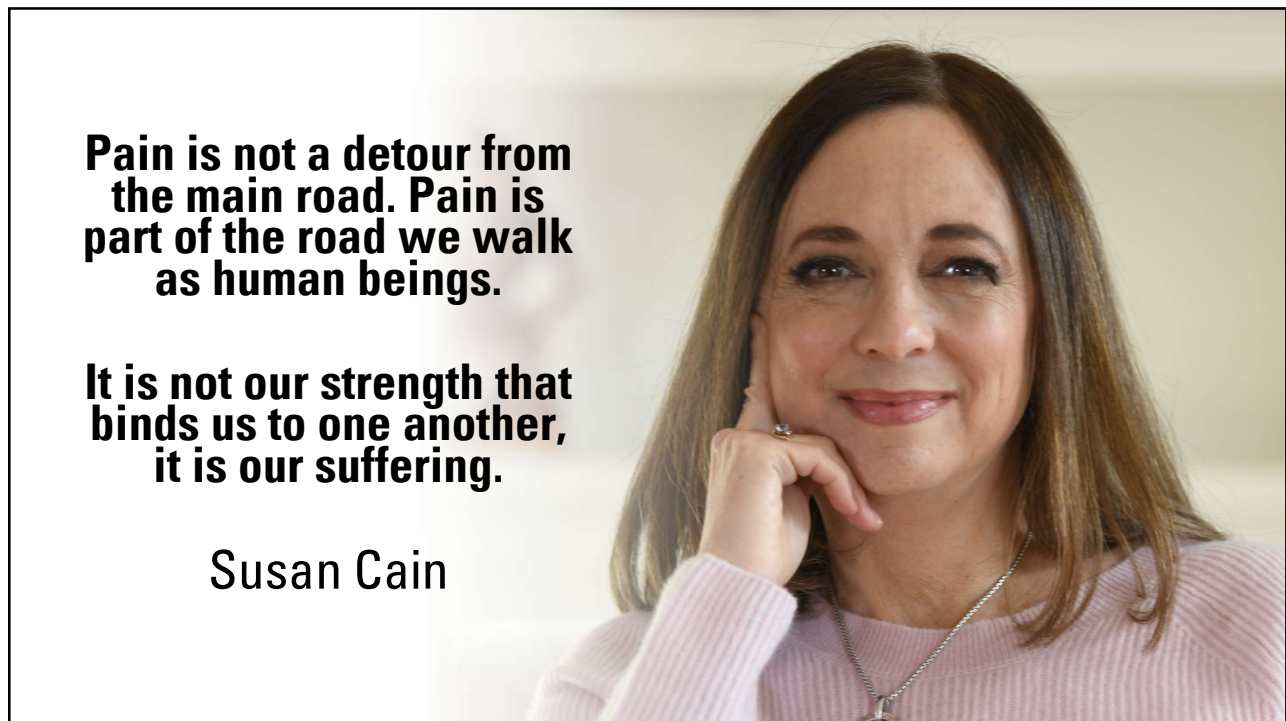
Acceptance

- **Making peace with 'what is'**
- **Being honest about what you can and cannot control**
- **Believing that good enough is good enough**
- **Letting go of the need to be "right"**
- **Allowing yourself to feel what you feel – including the grief**

30



31



32

Hope

**Hope is strengthened
by the outside world.**

33



Summer 2026

34

