



# Empty Nest

You arrange your life differently.

You are free and able to indulge in hobbies and favourite activities.

You are a couple doing things together and other things to please yourself.

Life is lovely and free, each living with and around each other.

Then, illness – shock – surprise – disbelief.

Some blame, you have to blame someone, something for messing up your life.

Anger- disappointment-resentment

Gradually – there is acknowledgement that situations have changed.

There is no use fighting it, you have come up to a wall, a barrier that must be overcome or passed through.

You can go east or west along the barrier, and it is unending, no way to get through.

Until you see a weakness with a slight light shining through. Like a hole in a dike.

You must work at that hole, make the light brighter, bigger until you can pass through to the other side. Into the light and knowledge needed in this new way of life that includes the affliction or illness that you are going to accept as part of your life.

It is a whole new challenge, a whole new beginning.

*Allisen Derban, Caregiver*