



**North Shore
Community Resources**

Connecting You to Community Services!

Review: “Tangles: A Story about Alzheimer’s, my Mother, and Me” by Sarah Leavitt

By: Kendra Jones, Writer, Supporting Caregivers Across the Lifespan Project.

“Tangles: A Story about Alzheimer’s, my Mother, and Me” is a graphic memoir by Sarah Leavitt about her family’s struggle to cope with her mother’s Alzheimer’s disease. In the book, Sarah shares her family’s journey from her mother’s first signs of memory loss to eventual death using both images and text. Sarah and her family experience a range of emotions and ultimately find moments of happiness and humour in the midst of dealing with the challenges of caregiving for someone with Alzheimer’s disease. The graphic memoir format of the book is unique and makes it accessible to all readers. “Tangles” has been nominated for several prominent Canadian literary awards. For more info, visit <http://www.sarahleavitt.com/tangles/>.

This book is available for a free, three week loan from the NSCR Resource Library for those registered with the Caregiver Support Program.