

# Julia's story: Late onset



- ♦ Julia is 81 and enjoys living in her beautiful, quaint cottage in Ross-on-Wye in the heart of the Cotswolds. She relocated there a little over 20 years ago when she and her husband decided to separate. Her grown up daughter, Rose, had the opportunity to move to Australia for work a few years before her parents divorced, but looking back wishes she had stayed in the UK to be closer to her mum. Julia has been slowly trying to grasp the concept of new technology and has had several successful Skype chats with Rose.
- ♦ Since moving Julia has discovered a passion for gardening that she never knew she had. She even began growing her own fruit and vegetables, trying as much as possible to only eat what she had grown, in order to lead a healthier lifestyle.
- ♦ Julia has been content living by herself in her countryside cottage with her tabby cat, George, for company. She regularly drives to the local garden centre to meet up with her closest friends and talk for hours over tea, and the occasional slice of cake. Living in such remote countryside, Julia relies on her ability to drive so that she can visit friends and keep her independence.
- ♦ Four years ago, Julia's friends began to notice that she was becoming much more anxious and perhaps a little depressed. Julia, despite being a confident driver, had started to worry about driving through the narrow country lanes. After eventually persuading her to attend one of the regular afternoon teas at the garden centre, Julia's best friend, Frances, received a call from the hospital to say that Julia had been taken to A&E. Thankfully Julia just had a few bumps and bruises, but the doctor on duty was concerned about her mental state and decided to refer her to a specialist to investigate the possibility of Alzheimer's disease.
- ♦ After many frustrating hospital visits and tests, Julia's Alzheimer's was eventually diagnosed, and now she has a carer that comes to her home twice a week. Julia has also hired a gardener to help her keep everything in order so she can still enjoy her fresh fruit and vegetables. Since hearing of her mother's illness, Rose has managed to find work back in the UK and is returning to live close by in a few months time so that they can spend some quality time together.