



**Come On In .. To Our World of Living with Vascular Dementia:
Mother and Daughter Memoir Shares the Realities of Loving and Caring for a
Loved One with Dementia.**

Mother and daughter, Vicky Donoghue and Michelle Spratt open up to readers in their memoir Come On In as they share the realities of living, loving and supporting their husband / father John, from his diagnosis of Vascular Dementia until his passing in 2019. Written to support others finding themselves in a similar phase of life and to share details seldom discussed, Vicky and Michelle's courage not only shines bright, but their insights are already helping others.

Media Contact:

Michelle Spratt

Email: michelle.spratt@gmail.com

FOR IMMEDIATE RELEASE

UNITED KINGDOM –Offering practical support and an authentic account of what lays ahead for Vascular Dementia sufferers and the loved ones that care for them, Come on In is a memoir penned by mother and daughter, Vicky Donoghue and Michelle Spratt.

Written with a candour that at no time shies from the cruel realities of watching your loved one unravel and fade away, the authors share the unexpected, and rarely discussed, mental and physical aspects of the disease. And resolute in their belief that dementia doesn't define either the sufferer or their care givers, but rather is a phase of life that one in three in the UK is cruelly dealt, the authors' honesty and generosity brings an unforeseen brightness to such a distressing issue.

Picking up a copy of Come On In may be one of the hardest decisions that newly diagnosed families make, but it is one they will be grateful they made as their Vascular Dementia journey continues on the only route it knows.

Synopsis:

Come On In comes from a place of love and respect and, in retrospect, a way of coping when a loved one is diagnosed with Vascular Dementia.

Vascular Dementia showed its true colours to our family as the cruel disease that it is; a disease which dismantles the personality and destroys the lives of those who love them as they endure the agony of watching the afflicted person slowly fade away.

My daughter, Michelle, and I have written this book to offer comfort to the relatives of other victims of this devastating disease. We want you to know you are not alone, and we hope that our experiences will support you on your journey and that the tips we share with you will help you as you find your own way to cope.

Author Vicky Donoghue says:

“Come On In comes from a place of love and respect and, in retrospect, a way of coping when a loved one is diagnosed with Vascular Dementia.

“Vascular Dementia showed its true colours to our family as the cruel disease that it is; a disease which dismantles the personality and destroys the lives of those who love them as they endure the agony of watching the afflicted person slowly fade away.

“My daughter, Michelle, and I have written this book to offer comfort to the relatives of other victims of this devastating disease. We want you to know that you are not alone, and we hope that our experiences will support you on your journey and that the tips we share with you will find your own way to cope.”

Author Michelle Spratt, says:

“I vividly recall how we stared in disbelief at the summary of dad’s condition: Vascular Dementia, Alzheimer’s / Frontal-Temporal Dementia / Pick’s Disease. We felt like a ship lost at sea in a deep fog as we were abandoned to find our own way forward.

“Our aim in sharing our story is to reach anyone needing to feel less alone, and to educate on the physical and mental changes that Vascular Dementia brings, but which are not as readily discussed or understood. It goes far beyond a name or face forgotten.”

Receiving five star reviews, Amazon readers say:

“This is a brave and honest story from the heart. The heartache of daily living with the afflicted patient is bravely shared in an uplifting way. Touches of humour show how their spirits continued to live on with hope and determination to do everything they could in their power to bring some light into this tragedy. They clearly did everything possible to help their husband and father and now it is brave of them to try and help others going through similar struggles. This book will be a comfort, support and guide to many so thank you for sharing your very personal journey.” - **Beks**

“I only know too well how difficult it is for families to navigate through caring and loving for someone with vascular dementia. When I heard about this book I bought it for my family, it’s being therapeutic in itself to read someone else’s story that also correlates with ours . I really like the practical tips.” – **Sunny Sandy**

“This is a very interesting and moving story of a family witnessing their extrovert and social father/husband sadly deteriorate to become a totally different person. While it’s very sad to read the journey the family had to go through, there are many things in the book that I was not aware of with dementia. I didn’t realise how to sometimes deal with the random comments sufferers would say, how drastically their personality could change and what processes (which you sometime have to fight for) you need to go through to get the suitable care.

“I would definitely recommend this book to someone who is, unfortunately, having to deal with a loved one with dementia. It will give you reassurance, help you with your expectations and give you awareness of the potential care available.” – **Nice Cuppatee**

Published by Forget-Me-Not Publishing, *Come on In .. To our World of Living with Vascular Dementia* is available in paperback (£9.99) and Kindle format (£4.99) on Amazon at <https://bit.ly/3wxh1Hv> and <https://bit.ly/3DjP8q9>

About the authors:

Following John's passing in 2019 from Vascular Dementia Vicky Donoghue continues to share an extremely close relationship with her three children and their families. "My family is my saviour and mean everything to me," she says, "and nothing on earth surpasses my endearing love for them all. They have always been 'there' for me."

Michelle Spratt is an author and mother of two children. *Come on In* is her first memoir and book. She lives in Berkshire, UK with her husband and children. Together with her mum, Vicky, they share the story of a family hit by Vascular Dementia.