



940 päivää isäni muistina (Finnish Edition)

Hanna Jensen

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Jotain outoa siinä oli. Keväällä 2009 isäni alkoi erakoitua. Sitten merkkejä tuli lisää. Puhe puuroutui, tasapaino heikkeni. Tuli uusia, kummia tapoja. Tytär huomasi kyllä, että isä ei enää ollut niin kuin ennen. Mutta se, että kyse oli muistisairaudesta, tuli hänelle yllätyksenä. Isällä diagnosoitiin Alzheimerin tauti ja keskivaikea dementia.

Muistisairausdiagnoosin saa joka vuosi 13 000 ihmistä. Avioerojen yleistyttyä 1980-luvun lopussa heidän joukossaan on paljon ihmisiä, joilla ei ole puolisoa. Silloin omaishoitajaksi ryhtyy poika tai tytär. 940 päivää isäni muistina on Hanna Jensenin kirjoittama tietokirja ja kertomus muistisairaana elämästä ja tämän hoitamisesta kahden ja puolen vuoden ajalta. Jensen on havainnoinut toimittajan tarkkuudella isän, ympäristön ja omia reaktioitaan, ahminut tietoa ja kirjannut omaisille neuvoja ja vinkkejä tietolaatikoihin. Teos näyttää rehellisesti ja kaunistelematta, miten tyttären elämä muuttuu, kun isän muisti sairastuu. Mutta kaikki muutokset eivät ole huonoja. Hanna Jensen osoittaa, että muistisairaudesta voi seurata myös hyvää.

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