Robyn Hollingworth

Robyn Hollingworth is the author of ‘My Mad Dad: The Diary of an Unravelling Mind’: a memoir she wrote about her experience during her father’s struggle with Alzheimer’s. For a summary of the book, please see this website: https://www.curtisbrown.co.uk/client/robyn-hollingworth/work/my-mad-dad

It’s good to talk

I will talk about my family’s journey with dementia from pre-diagnosis to death, how we came to talking about what’s up with dad to the point of getting him to the doctor’s, how we discussed what we would do next and how we actually did it. I'll talk about building a family support network and the support that was available outside of our house. I'll also cover our mental state as carers and the mental health issues for those caring for people with mental health issues. Right throughout the talk I shall infer the importance, for me, of keeping a sense of humour - throughout the darkness there is often light to be found.