

***Letters from Madelyn, Chronicles of a Caregiver - Second Edition***  
**General Discussion Questions**

1. Madelyn's caregiving journey is told through letters in real time over a course of six-and-a-half years. Considering her age and poor health, how do you think she found the strength to care for Quentin?
2. Like most caregivers, Madelyn experienced anger, guilt, depression, and grief. How do you think writing letters helped her cope with these difficult emotions? What emotions did you feel while reading the book?
3. How do you think caring for Quentin impacted her physically, mentally, emotionally, and spiritually?
4. Madelyn often said, "As long as I have the ability to think and reason, I will have the power to choose my attitude toward any person, thing, or event." Can you think of some specific events that made maintaining a positive attitude especially difficult for her?
5. Madelyn's letters have been described as "unflinching honest and surprisingly funny." Do you think most mothers would be as open and honest about their experiences and feelings? Do you think she intentionally tried to be funny?
6. Madelyn did not know the science behind dementia-related inappropriate sexual behavior. How do you think most women would respond if their husbands asked them to arrange a sex date with an old girlfriend? What do you think you would do if you were faced with a similar situation?
7. The reader learns about Elaine's life and struggles through Madelyn's letters. How do you think their support of one another helped them manage very different challenges and losses?

8. Do you think this book is about caregiving? About mother/daughter relationships; about the power of faith, courage, and humor, or is it about something else?
9. In the addendum, the author provides three steps to developing an “attitude of creative indifference.” Can you identify a situation in which Madelyn applied these steps to a difficult problem?
10. After reading this book, do you feel inspired to send a letter to a friend or relative rather than a text or an email?