

I Am Not Afraid

I was not afraid until
A bully showed his ignorance
By attacking me.

I was not afraid until
My voice used a language
Not familiar to me.

I was not afraid until
My independence was
Substantially curtailed.

I was not afraid until
My tasks became too difficult
to complete.

I was not afraid until
My presence was no
Longer requested.

I was not afraid until
Going for a walk
Became 'wandering'.

I was not afraid until
My short term memory
was gone.

I was not afraid until
Trying to keep up in a conversation
Became far too difficult.

I was not afraid when
I learned my journey
Could be happy.

I was not afraid when
My journey had a few dips
But I was able to proceed.

I was not afraid when
Advocating for People with Dementia
Became my life's work.

I am not Afraid.