

## Debby LTYE Transcript

**Debby:** We take walks every day, hand in hand, as we did that day, and when we got home, our life changed forever. Just like that I became a caregiver. I didn't know how to be one. Everything was happening at once. The next days, weeks, and months, I got a crash course. I gobbled up as much information about Graves' as I could. Then I learned about Thyroid Eye Disease or Graves' Eye Disease, as it's sometimes called. The role of the caregiver suddenly dropped into my lap. It can take a toll on me. Sometimes I feel tired and helpless. Sometimes I feel angry and inadequate. Once I heard the song "Candle In The Wind" playing, I felt like a candle in a hurricane, but I can reset. Just like that birthday candle that comes back, no matter how many times it gets blown out. It's not about going back to the way things were. It's about rising up and embracing a new role, putting humor and laughter and love into my toolbox. So how do I practically help my husband with his TED using love? The word Agape, a-g-a-p-e, is defined as the highest form of love. A love that persists no matter what the circumstances. This word fits so nicely as an acronym for some simple steps and helping my loved one with TED. A, awareness of subtle changes in the eyes from day to day. G: give reminders. How did you do with your eye exercises today? Did you use eye drops? Do you have sunglasses on, etc.? A: ask him how he's feeling on a regular basis. P: point out the hazards in the sidewalks, especially stairs with patterns can be very confusing and dangerous. E: embrace my role as a caregiver and get creative on how to make life not only work, but exciting going forward. And I don't forget to take time for myself. Today, we still take our walks hand-in-hand and talk about this scary, terrible, wonderful, bumpy life and how we face it together head-on. Same walk different journey.