

THE DIFFERENTIALS TREK

WHY LEAD THE TOUR?

The night my dad was diagnosed with ALS has ended up being the turning point of who I was and who I am today. I sat in the bath and googled everything under the sun about ALS. I hoped that one website would tell me something different from before, that this disease would not be terminal, that I would not be losing my dad.

As I continued reading, researching, and understanding more about ALS, I struggled to find where or how I could fit into my new role as the daughter of an ALS Warrior. The struggle grew with his prognosis, and I felt like I did not check any box.

I struggled to fit in with friends because most people my age are not dealing with how to deal with a Hoyer lift.

I struggled to fit in with the resources provided because those were geared more towards my mom.

I struggled to find that place, that person, that area of the world that understood.

The future I envisioned was drastically changing in front of me; I wanted others who saw the struggle in accepting that. I wanted to find something where I did not have to explain the details, the highest of highs and the lowest of lows were understood. I desperately wanted someone to tell me that it is okay to have bad days but show me that there are really good days that need cherishing.

WHEN I COULD NOT FIND THAT – I CREATED IT.

Sabrina Johnson Advocate was created to ensure that there would be a place, a person, and an area where people could come and say, "she gets it."

For those that have felt lost, unheard, stressed, tired in ways you did not think were humanly possible, I get that.

The DifferentiALS Trek was designed for those that feel as if the only map they have in common with other travelers is that they, too, are heading to the ALS Isle. This Trek was constructed for tourists that have a hard time fitting in with people who have never heard of this island, who feel like they cannot see past the fog when they wake up, or those who could use someone to help guide them through the short cuts and high tides.

Why navigate this journey alone when you can travel with someone who has already experienced the rough waters?

Sabrina