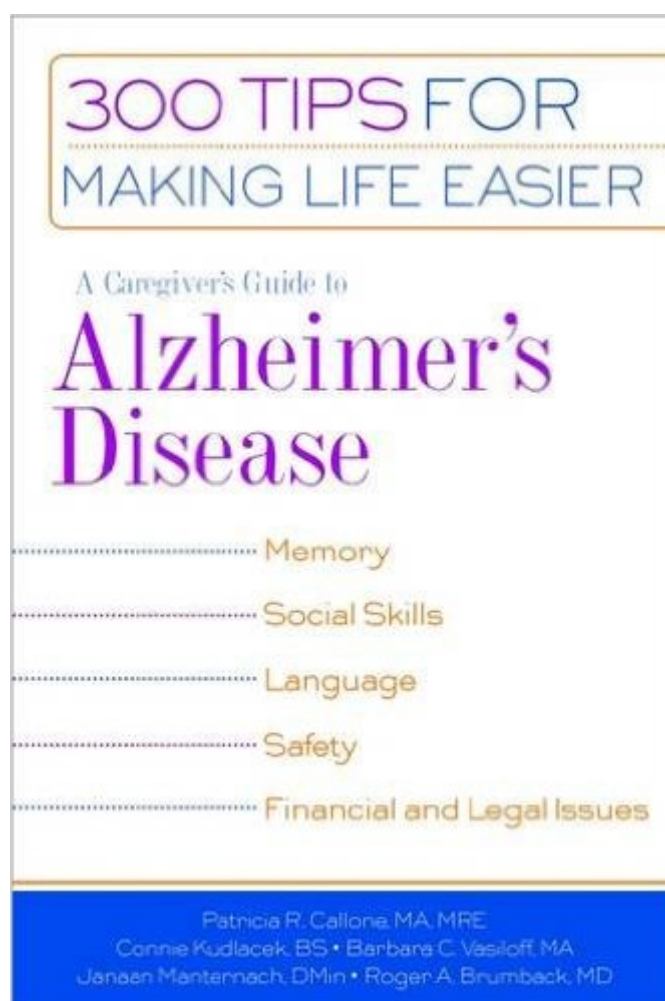


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# A Caregiver's Guide To Alzheimer's Disease: 300 Tips For Making Life Easier



## Synopsis

"An estimated 5 million Americans have Alzheimer's disease. That number continues to grow - by 2050 the number of individuals with Alzheimer's could range from 11.3 million to 16 million. Alzheimer's disease is not a normal part of aging. It is a devastating disorder of the brain's nerve cells that impairs memory, thinking, and behavior. Written for patients, their families, and caregivers, *A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier* will help readers understand what is physically happening to the brain so they can empower their own special skills and talents throughout the disease process. The book is divided into three sections that correspond to the progression of Alzheimer's and the unique challenges encountered at each stage. Section A: The major part of the book divides the progression of the disease into Stages: the Pre-Clinical Stage Early-To-Mild Stage, which marks the onset of the disease Moderate Stage and the Severe Stage. Hundreds of practical tips geared to coping and compensating at each level of the disease provide support for the affected individual and the caregiver. Section B: A bonus section of questions and answers addresses specific issues caregivers face and give them points to reflect on as they continue the process. Key topics covered include: Legal and financial issues Family Forums in the caregiving process The role of medication at various stages of the disease Helping children understand what is happening to a loved one Handling the holidays and celebrations Making the living environment more stimulating and enjoyable Section C: Lists resources and suggests websites to find additional information about the disease itself as well as related valuable networks. With an abundance of pointers and guidelines for affected individuals, their families, friends and caregivers, *A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier* is essential for all readers who want to focus on the capabilities that remain instead of those that have been lost."

## Book Information

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## Customer Reviews

I purchased 3 books on Alzheimer's from . This one is helpful for all the tips and suggestions. It covers resources available, suggestions on how to handle legal matters, and many other issues. It's very important for the caregiver of an Alzheimer's patient to have this type of information. There is another book I found even more helpful. It's called 'Learning How to Speak Alzheimer's'.

This book gives a clear and concise summary of changes which occur in the brain and in the behavior of the patient with Alzheimer's Disease. Dividing the book into three sections based on the stages of the disease is very useful. The tips for making life easier can easily be implemented.

I am a geriatric care manager and was the primary caregiver for my aunt for 7 years before she died from AD. The experience of caring for her was challenging but also very positive and life transforming for me. This book captures the heart of my experience and presents Alzheimer's Disease and caring for a loved one with it in a very life affirming way. It gives hope and meaning to a difficult but not hopeless situation. The many practical ideas presented in the book are invaluable and come straight from the real lives of experienced caregivers. I can highly recommend it. The companion volume, "Alzheimer's Disease: The Dignity Within: A Handbook for Caregivers, Family and Friends" is also excellent.

If you plan to care for your loved one at home for as long as possible, this book is very helpful. It helped me understand the abilities that are present throughout the disease process (much like other books on the subject) but had a lot of very practical suggestions on how to compensate as the different abilities are lost. I never would have thought of painting the wall behind the toilet, reflector tape on the floor, etc.

I bought 2 books through . I actually read this one because it was smaller and the thought of reading about this topic was daunting enough. I must say I was so enlightened. Every turn of the page gave me a greater understanding of dementia/AD...the place I was/am living in with my dear

grandmother. While the details of how the disease attacks the brain is not necessarily of great importance to me, it is to someone like an engineer such as my husband who found it very well explained. I just needed the practical put-to-use and understanding information. Excellent book. Quick read - I finished it in 2 nights, cover to cover. I haven't read a book in over 20 years. So glad I found the book.

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Maybe others will find this more useful than I did. Mum is in the early to mid-stages of the disease, and there wasn't much in this book that I haven't already figured out by myself or read on-line in the various Alzheimer's websites. I wanted to find help in figuring out whether I can manage this disease on my own by taking care of Mum at home with the help of caregivers or whether I should start moving her to assisted memory care living now. Maybe it's impossible to provide that information, but in any case - it's not in this book. There are certainly good tips in here. Remove waste paper baskets, because the loved one may mistake them for toilets. Yep - I can see it coming and appreciate that thought. Other statements were not so helpful. "Those who have been caregivers for someone through the progressing stages of Alzheimer's disease will tell you that their own faith has been tested and grown." "Arrange for a senior companion or a friend to visit weekly, to take the person with Alzheimer's disease to the movies or zoo or to shop." I started with two stars and moved to three, figuring there probably are no answers for me - just a lot of hard times ahead.

The pie charts that show the disease's progression were spectacular. The tips were well organized and succinct. I highlighted much in this book, to use as a handy guide and reference. It was an eye-opening experience to read about bizarre behaviors that I thought were unique to my 91 year old Godmother. As I learn more about this awful disease, I now see and understand she is exhibiting classic symptoms of advanced Alzheimer's. It helps to know that her behaviors are not directed at me as I originally thought, but that she is sick. If you think you are alone and there is no escape, you must read this book. I finished in less than a couple of hours. Best investment of my time and money that I have made in a long time.

A very helpful quick-read resource for anyone dealing with loved ones who have Alzheimer's Disease. I have purchased several books in hopes of gaining much-needed insight into this dreaded disease, and this is the one that I can most recommend for others. All the books and articles are helpful to some extent, but I have found this one to be the most beneficial for me. I read it from front to back, but the organization of it is such that a person who has very little time for reading can still

benefit from reading any particular section that is of immediate interest to him. I was so impressed with the book that I purchased additional copies to share with others and also donated one to my church library.

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