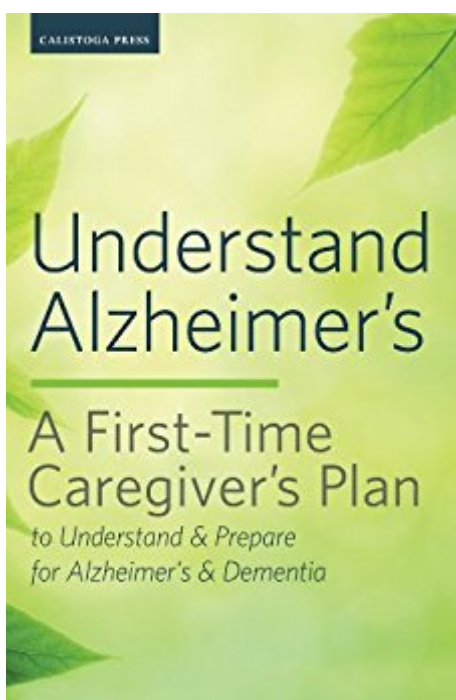


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# Understand Alzheimer's: A First-Time Caregiver's Plan To Understand & Prepare For Alzheimer's & Dementia



## Synopsis

#1 BESTSELLER A diagnosis of Alzheimer's disease can be frightening and overwhelming—and not just for the patient. Becoming the primary caregiver for a newly diagnosed loved one can be one of the most challenging—and one of the most rewarding—experiences possible. In *Understand Alzheimer's: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia*, you'll find a wealth of practical and useful information to help you and your loved one deal with a diagnosis of Alzheimer's disease. *Understand Alzheimer's* is a guide to providing compassionate care for a spouse, parent, sibling, or friend, from the early stages of Alzheimer's disease until the end of life. *Understand Alzheimer's* is a comprehensive and thoughtful guide to caring for a loved one with Alzheimer's, with:

- An in-depth explanation of the seven stages of Alzheimer's disease and what the diagnosis means
- Checklists for how to prepare your loved one's surroundings for safety and ease of activities
- Compassionate advice for managing your stress and finding the balance to keep you from feeling depressed, lonely, and isolated
- A list of resources with information for supporting those with Alzheimer's disease, and organizations that can help build a caregiving network
- A guide to Alzheimer's treatment options and a checklist for dealing with medical professionals
- Helpful suggestions for managing the changes in your loved one's behavior

Living with Alzheimer's disease presents daily challenges for both the caregiver and patient. *Understand Alzheimer's* is a practical guide that helps you and your loved one cope with Alzheimer's while maintaining the best quality of life possible for both of you.

## Book Information

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Dementia

## Customer Reviews

This book is an in-depth manual. It is as if you had a good friend, who also happened to be a skilled neurologist, lawyer, and caregiver, who was able to explain what is happening to your loved one in plain English. Besides giving you an understanding of all the physiological aspects of Alzheimer's, this book will assist you in realistic planning for your everyday tasks and necessary accommodations. In a simple and compassionate way, you are guided through the various transitions of the disease and the appropriate responses. Included is an entire chapter devoted to helping YOU stay healthy, while taking care of someone with Alzheimer's. This book really is like a conversation with a knowledgeable friend, who calms you down when you are in the thick of it. It's so difficult to think objectively while your emotions take a hold of you, and all the advice from this book will help you carry on.

I purchased this book since it seemed the best organized, but after reading it, I'm disappointed. The information and recommendations are extremely general, and didn't add any value to me. As an example, the authors combine details of the 7 stages of Alzheimer's into 2 categories - 1-to-4 and 5-to-7 without getting into the granularities of each stage. The basic message I got was, "If you get to stage 5-7, you're hosed." Frankly, the Alzheimer Association's website has more pertinent information with more valuable solutions - and it's free. Maybe the subtitle, "A First-Time Caregiver's Plan," should have been a hint for me not to purchase the book since I've been a caregiver for some time (yeah, right in the eye of the "hosed" storm), but even for soon-to-be caregivers, I would recommend other resources. You really need to jump into the trees rather than just see the forest even at the early stages of Alzheimer's.

Understanding Alzheimer's is a user-friendly handbook for anyone caring for a loved one with Alzheimer's and other forms of dementia. In lay terms, Part One not only explains the meaning of Alzheimer's and understanding the diagnosis; it also emphasizes that the caregiver must also take care of him/herself to be able to deal with the stress and exhaustion that comes with caregiving. Part Two delineates the seven stages of Alzheimer's, from mild to severe, and how to manage caregiving at each stage. The helpful checklists, the honest explanations at each stage and each section, the emphasis on the caretaker's needs, and the resource list in the Appendix make this 131-page book a must read for those facing the care of a loved one with Alzheimer's.

"Understand Alzheimer's touched on all the need-to-know information for families dealing with Alzheimer's. Whether mental, physical, emotional or financial, this book had expectations and tips for every stage of Alzheimer's, informing the reader of what they could expect and the best ways to deal with it. The book also helps the reader understand why some behaviors occur in Alzheimer's patients. Taking you from the planning stages in early onset Alzheimer's through the end of life preparations, this work leaves no stone unturned.

Almost done reading. It is helping me cope with my mom's dementia. I have so much more to learn. If anyone needs 24/7 help when you or the person you are a caregiver for, please call the alz.org number. They are very helpful

I rated this book as a 4 star because I was hoping it would have more in depth information for a caregiver. That being said I feel this book has very good basic information and advice for someone just starting to explore their options as a caregiver. I especially liked the information about avoiding caregiver burn out and taking care of oneself. Very important information to remember if one is planning on becoming a caregiver. I would recommend this book for anyone who is thinking of becoming a caregiver for a person with Alzheimer's (or any form of dementia for that matter). It has good basic information. I think even individuals in the nursing field could benefit from reading this because the information could then be shared with individuals who are contemplating the caregiver role.

Understand Alzheimer's really breaks down what is going on inside the mind of your loved one. It is hard to bear that someone you enjoyed so much can barely remember your name. It is a disease that cripples the entire family. Calistoga Press has put together a guide that will simplify things for family members and caregivers of Alzheimer's disease. It is normal to a medical professional but to the average person this disease can be very confusing and complicated. You want to be able to give your loved one the best care possible and this book is just the guide to help you. We watched my Great grandmother change over the years and it was devastating to look at her and realize she did not know who we were anymore. I am grateful for this guide because I feel that our family is more equipped to handle the effects of Alzheimer's.

I just lost my dad, who had been suffering from Alzheimer's for a few years. In the beginning, when he was first diagnosed with early onset, I was there. I saw the changes. He spent his last while in a nursing home. This book, though I wish I would have had access to something like it a few years ago, has opened my eyes to all that this illness is and does. It is detailed, from what the disease is all the way to what to expect at doctor visits. Whether you plan to be a caregiver or not, if you know someone who has been diagnosed with Alzheimer's you will find tons of info that will guide you on this life changing journey. If you have questions, this book has the answers.

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