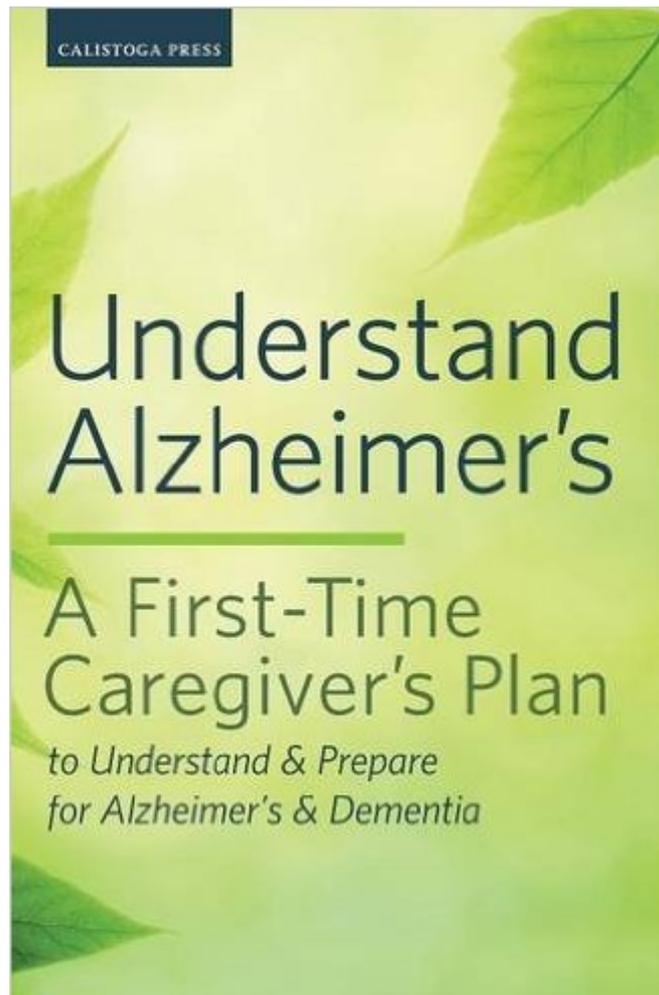


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# Understand Alzheimer's: A First-Time Caregiver's Plan To Understand & Prepare For Alzheimer's & Dementia



## 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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## Customer Reviews

Understand Alzheimer's: A First-Time Caregiver's Plan is a guide from Calistoga Press that helps to prepare families to care for a member suffering from Alzheimer's. It helps to explain how the disease is different from any other dementia and the malfunctions in the brain that cause the symptoms. It also explains how being a caregiver can affect you, what kind of stresses and conflicts you can expect to arise, and some suggestions for handling them. One key is to maintain your own health as well, so you can continue to provide effective care for the patient. They explain the seven stages of the disease and help you to determine how to handle each stage. Calistoga Press enlightens the audience to the fact that there is more to Alzheimer's care than just managing memory loss. As a caregiver for your loved one you will need to help them with every facet of daily living as the disease progresses. The guide also helps you to determine when it may be time to look into a professional assisted-living facility. The author/s realizes that every family's situations will be different and helps the reader figure out a plan for them. As someone that has lost a family member to Alzheimer's (my grandmother a couple years back) I can attest that this book covers the vast majority of things you will have to contend with, and does an admirable job of attempting to best prepare one for the job of primary caregiver.

After reading the first few pages you clearly feel the empathetic, yet informative stance that this book takes. Moved by the encouraging, support-centered material and the meticulous organization, this text wholly elaborates on every detail in understanding the consuming illness that is Alzheimer's. Opening by explaining basic relatable questions, it then delves into the choice of becoming a caregiver along with all the issues, essential steps and best management tips for that experience. It comprehensively explains the seven stages of Alzheimer's disease and then breaks down what to expect in your care giving role along with common challenges. This book covered everything a caregiver needs to know about how to take care of someone with Alzheimer's and yourself, also.

I have two parents who are very advanced in age, I recently moved back to my hometown after being away for many years to be close to them in their later years. I recently discover my father has been declining mentally, and I fear the worst. My parents are very independent, and keep many of their health issues secret from my sibling and I, but I can see there is something serious going on. I searched online for a book to help me understand, cope, and help my parents and "Understanding Alzheimer's" is a godsend. It's almost as if the book was written especially for my family.

Although I'm hoping for the best, I feel I'm now prepared for any eventualities.

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.

this book contains a lot of very useful information. If the person with alzheimers is a relative or spouse this book will help you be more prepared and informed for whats to come. It is very informative on so many levels. It provides information on how to take care of yourself and the person with alzheimers. What to expect, do, and ask at dr appointments. Also it talks about getting the whole family involved and about programs that may be available in your area. I would strongly recommend this book to anyone dealing with alzheimers, even if you are not the caregiver. This book has a wealth of information that is so useful and easy to understand.

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 advise from this book will help you carry on.

There have been many books out there about the sensitive subject of both Alzheimer's and dementia but few put the information in such a way that any lay person can understand and that deals so gently with the reader. This book confronts the harsh realities of the needs of the patient from the first onset to what can be expected after the disease has taken it's toll, and gives information to assist the caregiver in dealing emotionally, financially, and so on. I could not give a

greater recommendation if you are dealing with a family, friend, or even a simple acquaintance who has been touched by this terrible disease. After much reading beforehand from many other confusing or overwhelming books this is the book for all.

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