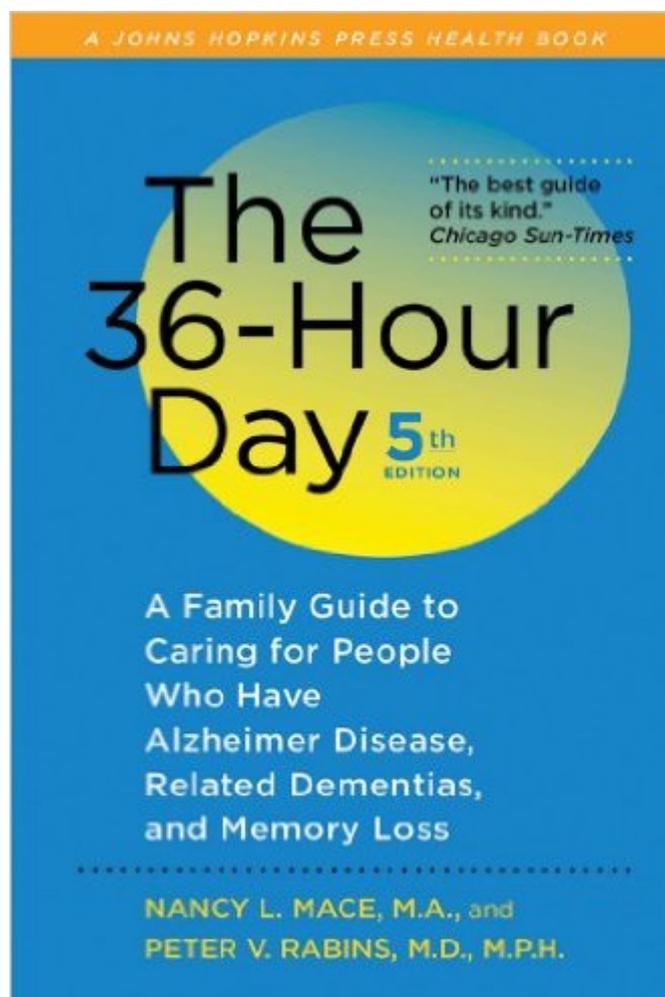


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# The 36-Hour Day, 5th Edition: A Family Guide To Caring For People Who Have Alzheimer Disease, Related Dementias, And Memory Loss (A Johns Hopkins Press Health Book)





## Synopsis

Originally published in 1981, *The 36-Hour Day* was the first book of its kind. Thirty years later, with dozens of other books on the market, it remains the definitive guide for people caring for someone with dementia. Now in a new and updated edition, this best-selling book features thoroughly revised chapters on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option. Praise for *The 36-Hour Day*"Both a guide and a legend." -- Chicago Tribune"The best guide of its kind." -- Chicago Sun-Times"An excellent book for families who are caring for persons with dementia... A book that physicians can confidently recommend to the families of their patients." -- Journal of the American Medical Association"Excellent guidance and clear information of a kind that the family needs... The authors offer the realistic advice that sometimes it is better to concede the patient's frailties than to try to do something about them, and that a compassionate sense of humor often helps." -- New York Times"An admirably realistic guide to caring for people with Alzheimer's." -- New York Review of Books"An excellent, practical manual for families and professionals involved in the care of persons with progressive illnesses... The book is specific and thought-provoking, and it will be helpful to anyone even remotely involved with an 'impaired' person... Highly recommended, especially for public and nursing libraries." -- Library Journal"Continues to be the 'bible' of recommendation for any caregiver whose family member suffers from dementia." -- Bookwatch"Recommended to all caregivers and families of persons with dementia as an indispensable source of valuable information on a very wide range of topics." -- Case Management Journals"An excellent guide with general information for family caregivers of persons with dementia... The text is person focused and describes the complexity and depth of the care required not only for persons with Alzheimer's disease and other forms of dementia but also for caregivers." -- Activities, Adaptation and Aging

## Book Information

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## Customer Reviews

When my father developed dementia some years ago, I didn't know what to do at first. This book proved to be a big help for my family and me, and now I'd like to be of some small help to you. Dementia doesn't strike out of the blue. It builds up over a period of years, and in the beginning there is an understandable tendency to consider a loved one's unusual behavior to be just another sign of aging. However, when Alzheimer's or other dementias are at play, sooner or later you may well find yourself in need of some help when trying to deal with your loved one's needs. Indeed, until you understand more about Alzheimer's you may not fully appreciate the struggles your loved one is dealing with. It is a very scary thing to gradually lose some of your important mental capabilities, and there is a resulting tendency among those with dementia to either act out or to withdraw from normal family communications. Here's your chance. If you even suspect Alzheimer's or another dementia (they are not necessarily the same), I strongly recommend that you get this book and read it. It will help you to better:

1. understand what your loved one is going through.
2. deal with the behavioral issues associated with Alzheimer's.
3. find medical help.
4. find additional Alzheimer's and dementia information from a number of helpful organizations.
5. discover support groups.
6. save a lot of time (when you are a caregiver for someone with dementia, time is usually in very short supply--hence, the title of the book).
7. evaluate financial possibilities.
8. understand that you are most definitely not alone in your dealing with dementia's effects.

This book is written by experienced authorities in the field, and it is easy enough to read for those without medical backgrounds. It is the likely all-time best-seller in its field for a reason.

I wish I had bought this book as soon as my mother was diagnosed with Alzheimer's disease. My father has received very little information from my mother's doctors on what to expect as her

disease progresses and more importantly, how to deal with these issues. When I received the book, I looked up her latest problem in the index, dizziness, and turned right to an informative section that helped clarify what's going on with my mom. The bathing sections are helpful for understanding and thus coping with those issues. I appreciate the depth of topics and detail for symptoms that Alzheimer's patients can have; I am also grateful for the huge emphasis on respite care for the caregiver. This gives my siblings and me another avenue of discussion in getting help for my dad, who like many spouses has his own health issues. My only problem with the current hardback edition is the text size - it's a small font and closely spaced. I would hope that future revisions would enlarge the print a bit, especially since this book is generally going to be read by adults who appreciate a little larger print. Overall I highly recommend it - I've been flipping between this book and the Mayo Clinic book on Alzheimer's, and while they both have excellent information, I feel that this book is the better one for detailed information on the myriad little things that crop up with care of a loved one with Alzheimer's disease.

As a caregiver of an elderly Alzheimer's patient, this book was a life saver. I had so many questions that doctors and neurologists just didn't explain. If you suspect that you will be a caregiver, this book is an essential for your library.

Our Mom is 97 and we are in the later stages of Dementia-Alzheimer's. I did not find a lot I did not know but if I had read this 3 years ago before we moved Mom out of her house it could have been helpful. Mom is now in longterm care and this book has a chapter on the best way to approach someone with Dementia and how to communicate with them when they resist leaving their homes. Lots of assisted living options are now available. There is a chapter on legalities and durable power of attorney options that are a must to read about. Hint: I would purchase a hard copy as my kindle version did not allow me to go back from chapter to chapter.

I wish my family and I had received this book when my mother was first diagnosed with dementia 2 years ago. We wandered along this path with little guidance from her g.p. or even from the (truly excellent) neurologist at the highly reputable medical school. I have read answers to questions which have been nagging at me for months (probably years now). The resources at the back are also helpful for the non-social-worker-non-medical-person which I am and which most family members of dementia patients are. This should be called, "What To Expect When a Family Member Has Dementia or Alzheimer's". It is truly a must read for anyone who has a family member with this

tragic, difficult illness.

Written by not only experts, but understanding, caring people. This guide is just that, you could but don't have to read cover to cover. You can search for the topic you want information on in the table of contents. Very helpful book.

Very helpful to me. Both parents have varying degrees of dementia. It shows that you are not alone. Explains why certain things are happening and suggestions of how to cope with everything.

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