



# **A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier**

*Patricia R. Callone, Connie Kudlacek, Barabara C. Vasiloff, Janaan Manternach, Roger A. Brumback*

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"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."

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