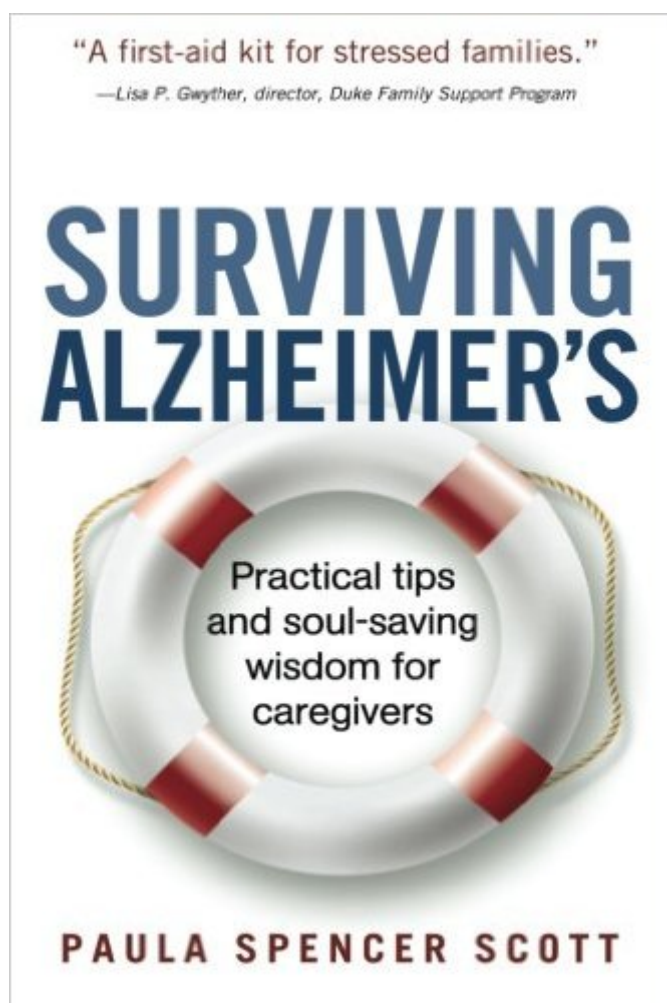


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# Surviving Alzheimer's: Practical Tips And Soul-saving Wisdom For Caregivers



## Synopsis

What every family member of a loved one with dementia needs to know: How to help without sacrificing YOU. In *Surviving Alzheimer's* you'll find:

- \* The best, most current thinking on how to enhance quality of life and safety while minimizing stress on everyone involved.
- \* The "Why This, Try This" approach to understanding what's behind odd, frustrating behaviors -- and what you can do about them.
- \* How to defuse resentment, guilt, anger, and family friction.
- \* Lifesaving insights from a team of top dementia-care experts from geriatrics, psychiatry, social work, law, dementia therapy, and caregiver advocacy.
- \* Stories and ideas from real families.
- \* A fast, scannable format, unlike any other Alzheimer's guide, perfect for the short-on-time caregiver.

Advance praise:

"Regular doses of Paula Spencer Scott's supportive and instructive wisdom should be prescribed to every family member dealing with Alzheimer's. Her why-this, try-this approach is a winner." -- Lisa P. Gwyther, MSW, LCSW, associate professor, Duke University School of Medicine, director of the Duke Family Support Program, and co-author, *The Alzheimer's Action Plan*

"Insightful and practical guidance for the millions of caregivers struggling to help their loved ones suffering from dementia." -- Gary Small, MD, director of the UCLA Longevity Center and co-author, *The Alzheimer's Prevention Program*

"Fantastic!" -- Leeza Gibbons, television personality and founder, Leeza Gibbons Memory Foundation

## Book Information

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## Customer Reviews

PAULA SPENCER SCOTT is a former contributing editor of Caring.com and a Met Life Foundation

Journalists in Aging fellow, a program of the Gerontological Society of America. Her previous 11 books include Like Mother, Like Daughter, Momfidence (based on her longtime Woman&apos;s Day magazine column), and the collaborations The V Book and The Happiest Toddler on the Block. Five close family members have had dementia.

It seems to be written mostly for those who have their loved one living with them, or those who are primary caregivers. My mom lived on her own until it was time for the assisted living facility (where she is now). Even though I never had the day-to-day, 24/7 experience, I still found this book extremely helpful in learning what I might expect as the disease progresses. Helps me be more patient than I would have been without its advice. It's nice to know I'm not alone in my feelings and experiences!

I have a small library of books on Alzheimer's. However, this book literally had it all in a very clever format. The "what to do" section at the end of each topic is filled with great ideas. On each page, I recognized some aspect of life with my mom who is in the late moderate stage. Many of the suggestions my family has discovered on our own during our 5 years (and counting) of caregiving. However, there was plenty of new information even for the seasoned caregiver. This will be the book I recommend from now on to friends beginning this arduous journey.

An excellent and extremely helpful book for anyone caring for someone with dementia. It has helped me and my sisters improve the quality of our father's life as he is being affected by this cruel disease. It has also helped us improve the quality of OUR interaction with him, learning how best to communicate with him, and learning how to keep him engaged and focused as much as possible. Truly remarkable!

My dad suffers from dementia, and my family is struggling in this devastating disease's wake. This book was exactly what we (my three sisters and I) needed as a guide through these hard, hard days. Dividing the book into quick reference sections was a great idea, and advice on dealing with guilty feelings, anger, and frustration was so, so helpful. Paula, we are grateful you've shared your experiences and research with us. You have made a difference in our lives.

As a long time geriatric social worker specializing in dementia and now as a family caregiver, I looked at this book from two perspectives. It's beautifully written, covers a great deal of ground and

has many practical ideas for coping with the many changes that occur during the dementia journey as well as with the emotional upheavals of caregiving. I highly recommend it.

This well designed, researched and personally tested series of tips has provided me with much hope and solace. Watching my beloved husband trudge this path often feels harder than trudging my own MS life which complicates care partnering.

This is a wonderful book for caregivers. On bad days, it is good to go back and read how persons with dementia simply don't understand reason. Patience, patience, patience with our loved ones.

A wonderful book. Very practical. It is really helping me be a better caregiver and person. This is a MUST read for anyone at all involved with people who have Alzheimer's disease.

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