



Living with Alzheimer's

The demands of living with a person with Alzheimer's are great, and families frequently experience high levels of stress. Recognizing and preparing for the challenges that are in store will make a tremendous difference to all involved, including spouses, children, grandchildren, extended family, and friends.

Remember that the people you love:

- *May have problems finding the right word or name*
- *Forget things you've just said*
- *Find social situations confusing*
- *Have increasing trouble planning or organizing*
- *Become moody or withdrawn*
- *Still want to continue to enjoy your company*
- *Would like to continue participating in usual activities*
- *Appreciate your support and care*



Love without Boundaries

You are not alone:

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The experience of living with Alzheimer's is different for each family member. But there are consistent themes or issues. These publications may help.

There are many resources available:

- ***Alzheimer's Basic Caregiving: An ABC guide* by Kathy Laenhue.**

The author uses humor to provide practical caregiving advice about patterns of disease progression, the reasoning behind behaviors, and effective communication.

- ***Comfort of Home for Alzheimer's Disease: A Guide for Caregivers* by Maria Meyer, Mary Mittelman, Cynthia Epstein, and Paula Derr.**

Provides information on caring for someone at home in three major sections: preparing for home care, day by day care, and resources.

- ***Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers* by Virginia Bell and David Troxel.**

Based on the Best Friends model of care, the book focuses on creative and effective communication and meaningful activities.

- ***Navigating the Alzheimer's Journey: A Compass for Caregiving* by Carol Bowlby Sifton.**

Contains useful information on the disease, how best to communicate, manage daily care, understand changes in behavior, how to get help, and plan for the future positively.

- ***The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss* by Nancy Mace and Peter Rabins.**

A comprehensive guide to caring in all stages of Alzheimer's disease. The guide combines practical advice and specific examples covering the medical, legal, financial, and emotional aspects of caring.