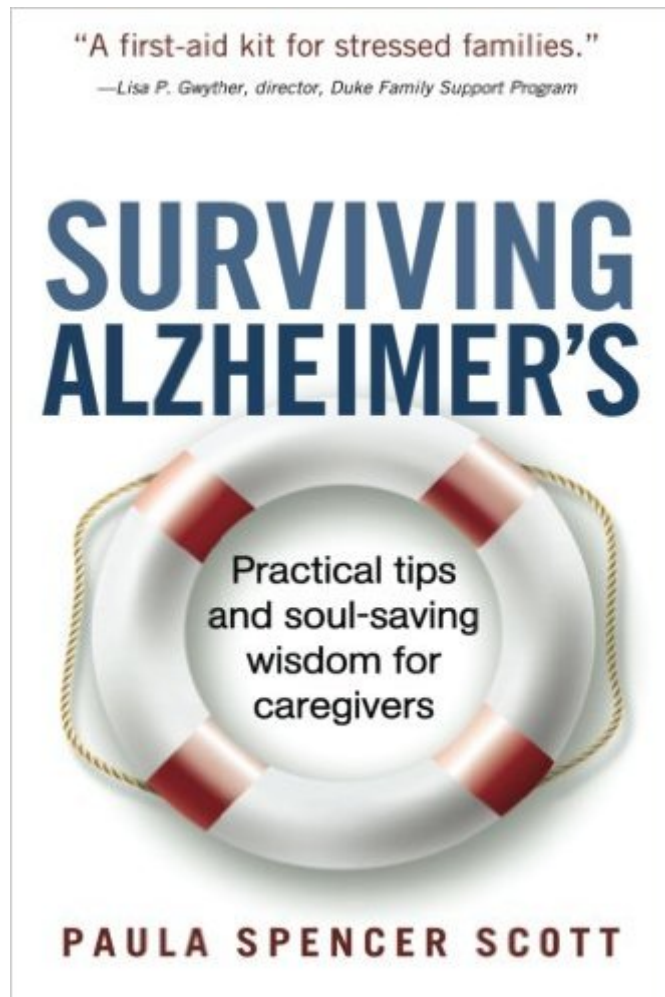


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# Surviving Alzheimer's: Practical Tips And Soul-saving Wisdom For Caregivers



## 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

I own and operate a dementia care business in NW Washington DC. This recently published book is every bit as good, if not better, than "The 36 Hour Day," long considered the Bible on dementia

care. This book is better organized and contains more detailed steps for area that often cause caregivers real problems, such as bathing. It is well research and written in a clear, easy to ready style. This is my new hand out for my clients. Thank you for writing this practical book.

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.

This isn't a typical self-help book. Paula Spencer Scott has managed to combine big-picture insight from big-name experts in the field of Alzheimer's with practical, everyday, nitty-gritty advice on a huge variety of situations that the average Alzheimer's caregiver will come across. That advice isn't just for the big issues, but also for issues like refusing to change clothes or repetitive phone calls. The table of contents makes it easy to go directly to an appropriate section. Perhaps even more helpfully, Scott includes a section on Personal and Family Stressors. It's not just the normal self-care advice, as helpful as that might be. This includes advice on issues like dealing with family denial of an Alzheimer's diagnosis and how to deal with feelings of guilt or anger. Scott covers all of this with a warm, friendly, helpful tone - like calling one's best friend who has happened to deal with all these situations herself.

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!

If you are a caregiver to a loved one who is afflicted with Alzheimer's, dementia, or any form of cognitive impairment I highly recommend this book. Being a caregiver I can attest to the importance of the statement, "Knowledge is power in the fight against memory loss and Alzheimer's Disease." That being said I admit to reading many books available and being very disappointed. I found them to be too clinical, usually neglecting chapters, a boring read. I could not put down Paula Spencer

Scott's Surviving Alzheimer's and had no desire to skip any chapters. Her book provides you with excellent advice, helpful hints, options in dealing with concerns. The format is an interesting one, so easy to follow and understand. This book is worthy of recommending and sharing, yet a keeper for the caregiver, one that is needed, to be turned to while on the journey. It will become a different kind of the perfect first aid manual that you've had forever. It's evident that Paula Spencer Scott cares about everyone. Treat yourself to this book, make it a part of taking care of you!

This is not the kind of book you sit down and read from beginning to end. Being a caregiver for my husband, there are times when I need advice about certain things and in this book there is no Index for quick reference. There is a Table of Contents but of course it is not in alphabetical order. It is somewhat difficult to read for my elderly eyes. Others have mentioned the small print and it would help if it was darker. I wish more authors offered their books in large print, especially for important information like this. So far what I have read of this book is helpful but annoying to plow thru if you are looking for specific information. I am prepared for a long journey as a caregiver and already have several books on this topic. It won't be the first book I go to when I am in a hurry for information.

This book is in 4 Parts. One can skip Parts 1,3,4 if you are a caregiver in need of common sense ideas to deal with the issues you will encounter during your tenure. Jump to Part 2 and get it in a really immediately useful format. I have been involved in care-giving for over 12 years and read most everything printed on subject of AD. My caregiver group takes my recommendations pretty seriously and I noted several attendees begin to enter order in on their smartphones after I discussed it. One week later at next meeting I got positive feedback as to value of book to them. Try 2 then go back to remaining parts especially 3, as time is available.

When you care for someone with this disease, you are very often simply surviving. Paula Spencer Scott helps us figure out how to thrive in situations beyond our wildest imaginations. Her practical advice along with the experts helps us navigate our way through the variations of this disease. Thank you for providing this resource about a topic many wish to ignore.

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