

## **FORGET-ME-NOT SPOTLIGHT**

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

When the diagnosis of “Alzheimer’s” is given to a loved one, numerous thoughts can go through your mind – What is Alzheimer’s? How are we going to cope? Who is going to take care of her(him)? What should we do first?

This book, *A Caregiver's Guide to Alzheimer's Disease – 300 Tips for Making Life Easier*, goes through the 3 stages of Alzheimer’s disease, but starts the 1<sup>st</sup> chapter at the pre-Alzheimer’s stage (as a healthy, cognizant person). At the beginning of each chapter is a scenario of a daughter taking her father out to eat in his favorite restaurant. In chapter 1 as a person who does not have Alzheimer’s, Chapter 2 in the early stage, Chapter 3 in the middle stage and Chapter 4 in the late stage and how the person with Alzheimer’s may act and what they may say at each stage. When presented in this fashion, the families and caregivers are given a better idea of what can be expected in each stage.

In each chapter, the authors discuss the changes in memory, language, complex tasks, social skills, judgment and reasoning, ambulation and senses for each stage. This gives you, as a caregiver or family member, an idea of the progression of symptoms during each stage.

For each stage, the authors give tips on how to adjust to the changing needs and behaviors of the person with Alzheimer’s disease. The tips, also, provide the caregiver with ways to focus on the capabilities that remain in spite of losses that might be occurring.

Section B has a question and answer forum on important issues such as financial and legal issues, family forums, medication, holidays and celebrations, helping children understand, etc.

Section C offers resources that can be useful to gain more information about the disease and what organizations can be of help.

This book is available for check out at the Effingham Public Library from the Forget-Me-Not Resource Center. If you do not have a library card, it can be checked out under Effingham Area Alzheimer's Awareness.

*Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer's Awareness*