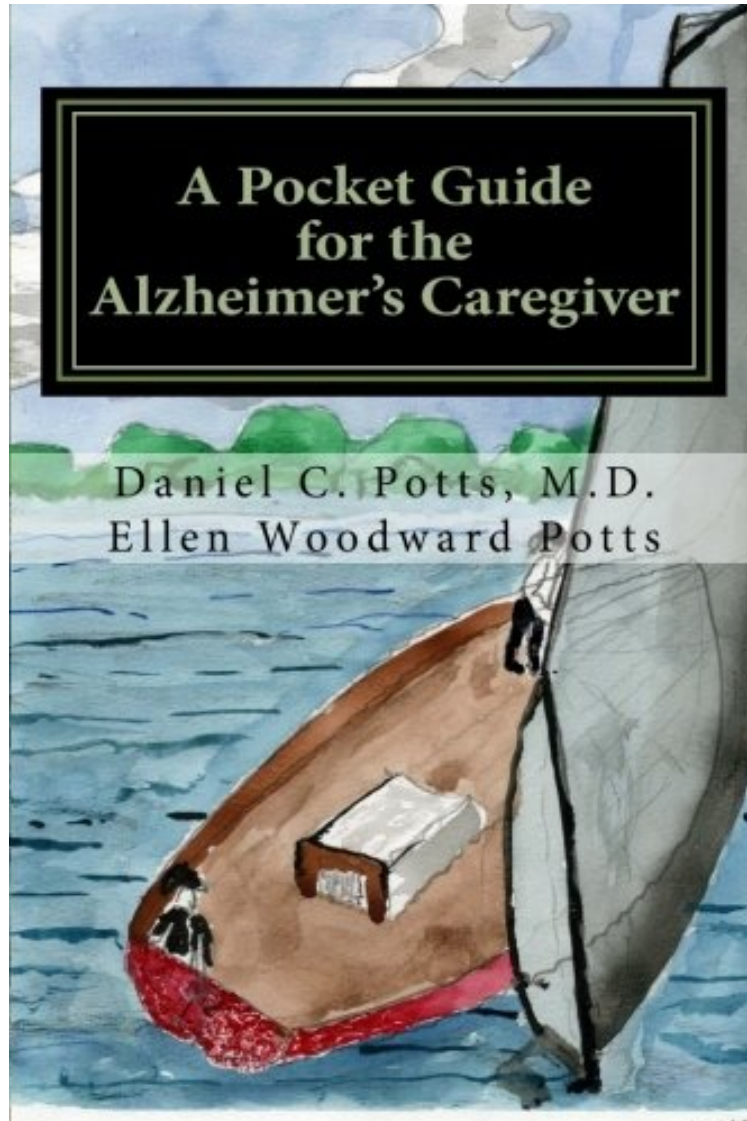


[Download] A Pocket Guide for the Alzheimer's Caregiver

A Pocket Guide for the Alzheimer's Caregiver

Daniel C. Potts M.D., Ellen Woodward Potts
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Daniel C. Potts M.D., Ellen Woodward Potts : A Pocket Guide for the Alzheimer's Caregiver before purchasing it in order to gage whether or not it would be worth my time, and all praised A Pocket Guide for the Alzheimer's Caregiver:

2 of 2 people found the following review helpful. This is a book which should be on every Alzheimer's and dementia caregiver's nightstand.By Lynda EvermanThis is a book which should be on every Alzheimer's and dementia caregiver's nightstand.Dr. Daniel (Danny as he is known to most of us.) Potts is a noted neurologist, author, educator, and champion of those with Alzheimer's and their caregivers. Ellen has over 25 years experience in healthcare

management and teaches at the University of Alabama. Together they have had 8 close relatives with dementia for whom their immediate families provided care. And, together Danny and Ellen offer clear, concise, practical, and most importantly, compassionate information and advice to help care for and improve the lives of patients with Alzheimer's and those who care for them. Their book is divided into two sections - the first with discussions of common issues and problems, and the second with an alphabetical quick reference of problems and listed responses. This is a perfect format for the often weary and distraught caregiver who has many concerns and little time. The authors affirm that Alzheimer's disease does not affect a person's soul and their goal is to provide the caregiver with suggestions for validating, person-centered, dignifying care. And while championing the individual with Alzheimer's, Danny and Ellen also offer loving support for the caregiver. We are reminded time and again that "caregiving is a marathon, not a sprint" and urged to do the best we can under very difficult circumstances, while allowing ourselves to forgive and love ourselves as well. What struck me about the book is how Danny and Ellen managed to separate the atrocities of the disease from the individual who had the disease. It made the manifestations, the behaviors, and the challenges less terrifying. I say this as someone who experienced almost everything that was described in their book. Yes, the disease is awful, but the person is sacred and love always triumphs. And being armed with information eases our journey and prepares us for the inevitable decisions we will need to make. This is a book to be read and returned to for advice and guidance and affirmation to reinforce that even when we think we could have done better, we have done our best.

4 of 4 people found the following review helpful. This will be your "Go To" Book !By CKshopperAs any caregiver knows, dealing with Alzheimer's is confusing, unpredictable and exhausting. When you reach out for resources, you want the information you find to be clear and direct, easily understood. That is everything I found with this book. It is a very well written book, an easy, conversational read. The first time I read it from start to finish in one night, and then re-read it a few days later! Within the chapters you'll find easy tips that you can start trying TODAY to help get you through the caregiving experience. The authors have clearly seen it all with their own families, and cover everything from "I want to go home", to anger issues, to the challenges of daily care, and what to look for in nursing or assisted living homes if you get to that point. This is a must read for any Alzheimer's caregiver and will be a "go to" book for any Alzheimer's family. Just remember: Alzheimer's cases are unique, some of these tips will work for you, some may work sometimes, some not at all. I've had good success with several in the book and refer back to it often. By reading it you'll be arming yourself with more information, and "forewarned is forearmed". I would also encourage people who want to learn about Alzheimer's to read this book as well, it will give you a quick education.

1 of 1 people found the following review helpful. For the caregiver of a loved one with Alzheimer'sBy D. BradleyMy father-in-law suffers from Alzheimer's, reading this book was a very valuable tool in the everyday care of taking care of someone with this disease. My husband and I signed up with our local Alzheimer's Association and they offered seminars outlining the 3 stages of the disease, if at all possible I highly recommend any caregiver to please take the time and go to these offered courses, we learned so much that has helped us deal daily. I have to report that our loved one is now in the late stages of the disease, and as a caregiver it is so important that you take the time to take care of YOURSELF as well as the loved one with the disease. So read this pocket guide and other good books the information will help you tremendously

"The book is the place to turn for initial information and perspective on Alzheimer's disease, and to return for practical advice as problems arise. Most importantly, however, it dispels the sense of hopelessness families may feel by providing steps to maximize the enjoyment of life for the person with Alzheimer's disease." --- Robert C. Griggs, MD, FAAN; 2009 - 2011 President, American Academy of Neurology

About the AuthorDaniel C. Potts, MD is a noted neurologist, author, educator, and champion of those with Alzheimer's disease and their caregivers. He was chosen by the American Academy of Neurology as the 2008 Donald M. Palatucci Advocate of the Year. Inspired by his father's journey through Alzheimer's and his mother's dedication to caregiving, Dr. Potts seeks to provide hope and support to those in like circumstances. Ellen Woodward Potts, MBA has over 20 years experience in healthcare management and teaches "Leadership Development through Service" at the University of Alabama. Through this book, she strives to honor the care her family members gave to her maternal grandfather and paternal grandmother, both of whom had Alzheimer's disease.