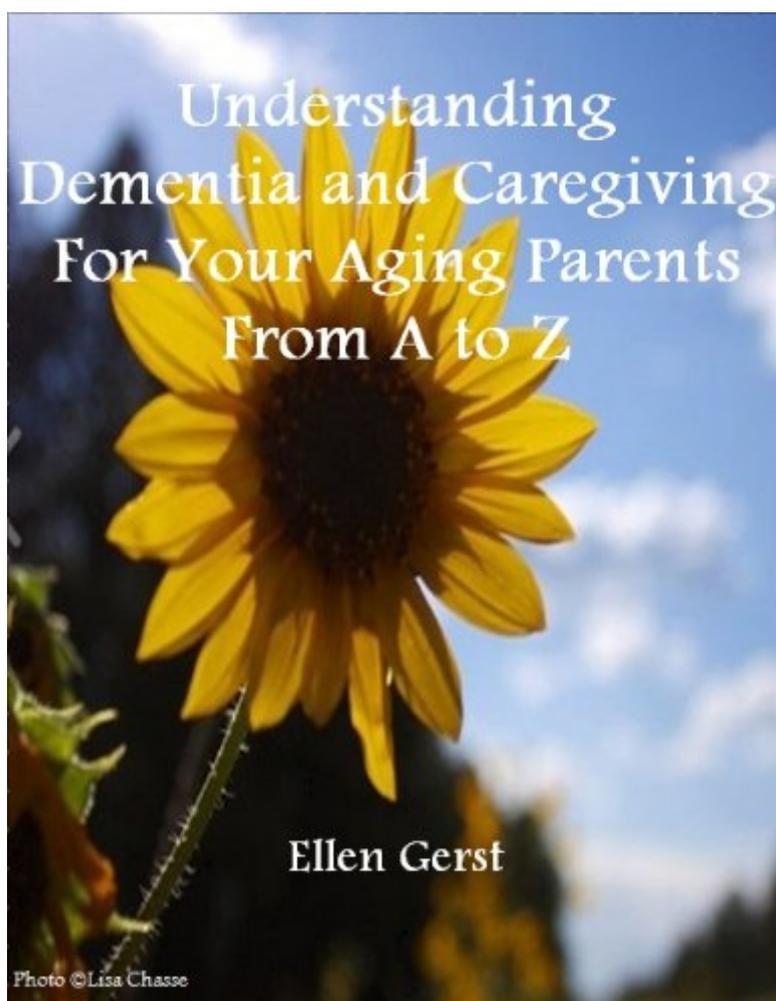


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# Understanding Dementia And Caregiving For Your Aging Parents From A To Z



## Synopsis

Newly Updated To Include Thoughtful Tips for Caregivers. Per the 2012 Alzheimer's Disease Facts and Figures report published by the Alzheimer's Association, one in eight older Americans (over 65 years old) has Alzheimer's and nearly half of the people 85 and older are afflicted with this insidious disease. So just as the Baby Boomer generation is getting ready to enjoy retirement, their increasingly frail parents require their care, many of whom may be exhibiting signs of Alzheimer's disease. Caregiving takes its toll in many ways -- mentally, emotionally, and physically. It is important to ask for and accept help as you come to grips with this enormous task in front of you. There are lots of books on caregiving, dementia and Alzheimer's disease, which review the same topics in different ways. "Understanding Dementia and Caregiving For Your Aging Parents From A to Z" attempts to look at the same subject matter through a different lens. While having a base of knowledge about the subject is important, information alone, or beyond a certain point, isn't the only ingredient you will need in order to cope with a dementia diagnosis. Consequently, this book is not an attempt to educate you on all the medical aspects of dementia, although they are touched on lightly. Instead, it speaks to you from the heart and a personal standpoint. It lets you know some of what to expect and the emotions and thoughts you might have in response to your loved one's deteriorating condition, and it provides suggestions to help you cope. Written by a grief and relationship coach who understands the journey you are about to or have already started, for she is traveling on this road too. For a more in-depth look at caregiving that includes words of assistance, comfort and inspiration, read Ellen Gerst's second book: "A Guide For Caregivers of Aging Parents with Alzheimer's," also available on . Two excerpts are included in this "A to Z" book. For more information on how she can help you with your caregiving, visit her websites at <http://www.LNGerst.com> and <http://caregivingforagingparents.blogspot.com>

## Book Information

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Alzheimer's Disease

## Customer Reviews

I wish I had read this book a year ago. Now dealing with my mother's increasing dementia, many of the things discussed by Gerst are things I had already dealt with, but I found new ideas, as well as affirmation for what I had already done in this book. A great resource for those about to or already dealing with parents showing signs of dementia.

This book was a quick and pleasant read. For someone who is in the midst of being or becoming caretaker, a quick read is a blessing. The quotes that the author uses as a basis for this book are very well chosen. Why not tap into the wisdom and wit of others to get a point across in a concise and thought provoking manner! The book gave me a fresh outlook and a confidence boost for the care of my mother.

The word "Alzheimer's" strikes fear in the hearts and minds of most baby boomers. With both "A" and "Z" present in the name, in a way, the journey from "A" to "Z" is already implied. Sadly, with dementia, the map of the journey is so often vague, hard to focus on - or missing altogether. This new, helpfully accessible and simply written A-Z handbook by grief and relationship coach and author Ellen Gerst, will help anyone embarking on the journey of dementia with loved ones. It will help people learn about and understand it better and could make a big difference to the millions of families coping with those who live with this dreadful disease. Concise and readable, the book will be a boon and comfort to anyone embarking on their journey. As Gerst says, adapting to the discomfort of upheaval and transition is just the beginning and that "facing and dealing with the symptoms of the disease requires a loving heart and an open ear." But in the end, "the true meaning of life and why

we exist is to love and be loved. The rest is details. "And ain't that just the truth?"

Helpful, simple practical advice from the "emotional" perspective, for something that most of us will experience - the "role reversal" that accompanies aging parents and their adult children.

As an Administrator for both an Adult Day and a Residential Facility, I highly recommend this book for anyone caring for a loved one with an Alzheimer's or Dementia diagnosis. Ms. Gerst does a great job of keeping the book concise without taking away from the content which is informative, straight forward, and easy to read. The author also explains the basics of dementia (and gives some really GREAT advice) without bogging down the pages with a lot of medical jargon. Navigating a dementia diagnosis can be a difficult process for everyone, but this book could be used as a guide, making that process just a little easier. One of the best parts of the book is that it was written from personal experience and comes from the heart. I will definitely be recommending this to those family members coming into our facilities.

This book was very helpful in helping me understand what is happening and how to respond to the changes my loved one is facing. It was short, succinct, and to the point but also hit all of the relevant issues. I wanted to get information but did not want to read a 400 page book.

I bought this book because my mom suffers from Dementia. I am a nurse so it helps me and my sister who is her care taker. She said it has helped her so much.. I would recommend it to everyone...

This is a book that caregivers, professional staff, and paraprofessionals can read, enjoy and utilize. Broken down into easy understandable terms. Thanks Ellen BRAVO

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