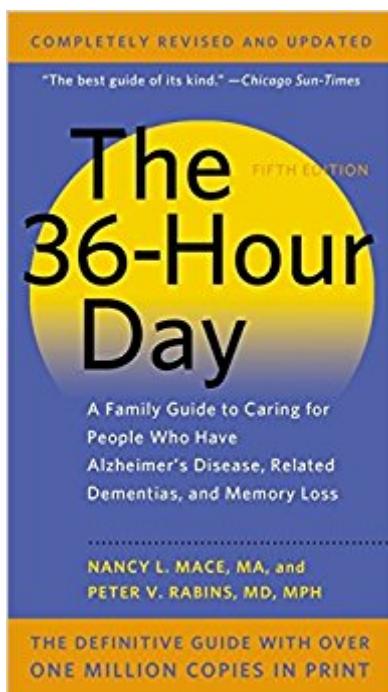


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# The 36-Hour Day: A Family Guide To Caring For People Who Have Alzheimer Disease, Related Dementias, And Memory Loss



## **Synopsis**

The most trusted guide for caring for persons with Alzheimer's disease, memory loss, and dementia disorders-now revised and updated with practical and legal advice and compassionate guidance for families and caregivers. When someone in your family suffers from Alzheimer's disease or other related memory loss diseases, both you and your loved one face immense challenges. For over thirty years, this book has been the trusted bible for families affected by dementia disorders. Now completely revised and updated, this guide features the latest information on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option. You'll learn: The basic facts about dementia How to deal with problems arising in daily care-meals, exercise, personal hygiene, and safety How to cope with an impaired person's false ideas, suspicion, anger, and other mood problems How to get outside help from support groups, friends, and agencies Financial and legal issues you must address. Comprehensive and compassionate, *The 36-Hour Day* is the only guide you need to help your family through this difficult time.

## **Book Information**

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## **Customer Reviews**

"Both a guide and a legend." --Chicago Tribune "The best guide of its kind." --Chicago

Sun-Times "An excellent book for families who are caring for persons with dementia... A book that physicians can confidently recommend to the families of their patients." --Journal of the American Medical Association "Excellent guidance and clear information of a kind that the family needs... The

authors offer realistic advice that sometimes it is better to concede the patient's frailties than try to do something about them, and that a compassionate sense of humor often helps." --New York Times"An admirably realistic guide to caring for people with Alzheimer's." --New York Review of Books"An excellent, practical manual for families and professionals involved in the care of persons with progressive illnesses... The book is specific and thought-provoking, and it will be helpful to anyone even remotely involved with an 'impaired' person... Highly recommended, especially for public and nursing libraries." --Library Journal

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When my father developed dementia some years ago, I didn't know what to do at first. This book proved to be a big help for my family and me, and now I'd like to be of some small help to you. Dementia doesn't strike out of the blue. It builds up over a period of years, and in the beginning there is an understandable tendency to consider a loved one's unusual behavior to be just another sign of aging. However, when Alzheimer's or other dementias are at play, sooner or later you may

well find yourself in need of some help when trying to deal with your loved one's needs. Indeed, until you understand more about Alzheimer's you may not fully appreciate the struggles your loved one is dealing with. It is a very scary thing to gradually lose some of your important mental capabilities, and there is a resulting tendency among those with dementia to either act out or to withdraw from normal family communications. Here's your chance. If you even suspect Alzheimer's or another dementia (they are not necessarily the same), I strongly recommend that you get this book and read it. It will help you to better: 1. understand what your loved one is going through. 2. deal with the behavioral issues associated with Alzheimer's. 3. find medical help. 4. find additional Alzheimer's and dementia information from a number of helpful organizations. 5. discover support groups. 6. save a lot of time (when you are a caregiver for someone with dementia, time is usually in very short supply--hence, the title of the book). 7. evaluate financial possibilities. 8. understand that you are most definitely not alone in your dealing with dementia's effects. This book is written by experienced authorities in the field, and it is easy enough to read for those without medical backgrounds. It is the likely all-time best-seller in its field for a reason.

This is the "Bible" as pertains to Alzheimer's/dementia. I read this book as one in our family was experiencing the disease slowly (at first) in her later years. The family could not accept or admit this was happening for so long that I needed to learn for myself from real experts. The writing is perfect for conveying the whole story, with many ifs ands and buts that make each person's experience somewhat different. In addition to the technical aspects of the body and brain as one proceeds through this disease, the book is filled with actual experiences of caregivers, patients, and doctors to give a well-rounded idea of what we are all going through, including lots of ideas on what to do about it to make life more tolerable - as much as we can. A lot of what the book is saying is that we must accept what is happening, do all we can to alleviate suffering - physical and mental - for patient, family, and any other caregivers that might be involved. I've given this book to 2 others who are involved with Alzheimer's/dementia because I think it is a must for people to understand this and deal with it as they can.

Very helpful to me. Both parents have varying degrees of dementia. It shows that you are not alone. Explains why certain things are happening and suggestions of how to cope with everything.

Details of understanding, loving and managing your person with dementia at home and in a facility. Very practical information to be safe, not exhaust the caregiver and know what the person is

probably thinking in difficult situations. EXCELLENT reading even for living with a difficult "memory-impaired " or challenging person without dementia.

A great read if you have a loved one going through any type of dementia or other type of degenerative memory loss. Lots of good advice given...I was especially pleased with the suggestions to help the caregiver in the situation--they are often overlooked and need as much help in their journey to take care of their loved one. I passed this one around the family for all to read--excellent material.

After my mom's diagnosis several people recommended this book and continue to recommend. I haven't ready the whole thing yet but I highly recommend it for anyone that has a loved one with dementia/alzheimers or is even experiencing cognitive delay! Make you think about things differently and understand how the patient feels.

I was first told about this book from the Alzheimer's Association and wow I was so glad & very thankful for this book. I was a caregiver to my mom and this book helped us out a lot, we recommended it to everyone. I highly recommend this book to everyone I know who is caring for a loved one with this disease.

This book held my wife, my mid-teens children, and me together through four very dark years when most of the local Alzheimer's facilities had applications for victims on waiting lists for over two years. Whenever I encounter a family who is trying to take care of a loved victim of any form of dementia in their home, I send them a copy of this book, which has been very appropriately updated a number of times since 1987

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