

COMPLETELY REVISED AND UPDATED

"The best guide of its kind." —*Chicago Sun-Times*

The FIFTH EDITION 36-Hour Day

A Family Guide to Caring for
People Who Have
Alzheimer's Disease, Related
Dementias, and Memory Loss

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THE DEFINITIVE GUIDE WITH OVER
ONE MILLION COPIES IN PRINT

Nancy L. Mace

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss



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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 services and compassionate guidance for families and caregivers. Today completely revised and up to date, this guide features the latest information on the causes of dementia, managing the first stages of dementia, preventing dementia, and finding appropriate living plans for the person who has dementia when house care is no more an option. Comprehensive and compassionate, The 36-Hour Day is the just guide you need to help your family through this difficult time. When someone in your loved ones suffers from Alzheimer's disease or additional related memory loss diseases, both you and your loved one face immense problems. You'll learn: The essential facts about dementia How to cope with complications arising in daily care-meals, workout, personal hygiene, and safety How to handle an impaired person's fake concepts, suspicion, anger, and various other feeling problems How to get outdoors help from organizations, friends, and agencies Financial and legalities you must address. For over thirty years, this book offers been the trusted bible for family members affected by dementia disorders.



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Good resource for those with Alzheimer family members early in process Our Mom is 97 and we are in the later on levels of Dementia-Alzheimers. I did not look for a lot I did not know but easily had read this three years ago before we shifted Mom out of her home it could have been helpful. The sections on how best to cope as a caregiver are dry but informative. Plenty of assisted living choices are now available. Will not give very much in recommendation on how to deal with it. Hint: I would purchase a hard copy seeing that my kindle version didn't allow me to go back from chapter to chapter. Great information. I am also grateful for the large emphasis on respite care for the caregiver... Good information. I want I would experienced it when caring for my mother. tOO COMPLICATED tTHIS IS Even more OF A TEXTBOOK-----NOT FOR FAMILIES ! DON'T KNOW IF I'LL EVER GET IT READ ! This can help you to comprehend and see what things to expect. A Caregiver's Bible Excellent - covers everything! Two Stars Same info again and again An absolute must have book for understanding dementia This is a must have book for anyone coping with a loved one with dementia. Hard to read The sort was way to small Great info Great book for all those looking after someone with dementia. 5 star Very insightful. An owner's manual for Alzheimer's patients and those who love them I wish I had bought this reserve as soon as my mother was identified as having Alzheimer's disease. It helps to get ready one for what's ahead therefore when the next step occurs you aren't shocked and can state, "oh, yeah, they wrote about this in the publication." That was very helpful for guidance and for knowing that what we were experiencing was a normal portion of the disease. I love it therefore well I purchased another copy so I could leave my first one for my Mom's care givers who all had been really grateful to be able to read this book. I value the depth of topics and fine detail for symptoms that Alzheimer's sufferers can have; It will save your sanity! More helpful than various other guides This book is hard to complete, primarily because there are sections describing the suffering of dementia from the patient's perspective. If you are already grieving this analysis, it feels even worse to learn paragraphs upon paragraphs of terror and isolation, of program imagining your own loved one going through a similar thing. Mom is now in longterm care and this book includes a chapter on the best way to approach someone with Dementia and how to communicate with them when they resist leaving their homes. A difficult truth about dementia is usually that you can't predict which symptoms can look, so this book covers all of them. And it explains some of the research behind the more irritating symptoms, like when the patient is altogether denial about their condition, which definitely assists the caregiver cope. They say this book is the bible of caring for a loved one with dementia/Alzheimers. My only problem with the existing hardback edition may be the text message size - it's a small font and closely spaced. It sensed like having a good friend in my own hands when I was upset and wondering if I was losing it at times. Must read, timely, most too true. When I received the reserve, I appeared up her latest problem in the index, dizziness, and turned right to an educational section that helped clarify what's going on with my mother. The bathing sections are helpful for understanding and therefore coping with those issues. I'd highly recommend this book to whoever has someone you care about with dementia of any kind. I wish I would have had it . This gives my siblings and me another avenue of discussion in getting help for my father, who like many spouses has his own medical issues. I wish it had been simpler to navigate but it's certainly the most helpful guideline I've read up to now. I would hope that future revisions would enlarge the print a bit, specifically since this publication is generally going to be browse by adults who appreciate a little larger printing. Overall I recommend it - I've been flipping between this publication and the Mayo Clinic publication on Alzheimer's, even though they both have exceptional information, Personally i think that this book may be the better one for detailed information in the myriad

little stuff that crop up with care of a loved one with Alzheimer's disease. A Must Read This book helped we with answers to many of our questions on how best to deal with one who is in the first stages of alzheimers disease. This is a must go through if you are a treatment giver for a person with alzheimers disease. GOOD READ GOOD READ Must read. My father has received hardly any information from my mother's doctors on what to expect as her disease progresses and more importantly, how to approach these issues. Nothing you can't find easily online. TOO LONG !There is a chapter on legalities and durable power of attorney options that certainly are a must to learn about. Finished . I liked the best was it had been very reassuring to discover that my Mom was not "crazy" but she got a disease with specific symptoms and that what I was encountering in working with this situation was not unique. It addresses every part you could imagine (and some you can't) around living with a person with serious memory problems, specifically the "stages" to expect and the way to handle situations because they arise. Eh. Nothing at all you can't find easily online. Eh. allows you to understand Knowing what to expect, helps.



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