

# *Staying Connected While Letting Go*

## *The Paradox of Alzheimer's Caregiving*

**SANDY BRAFF, MFT and MARY ROSE OLENIK**

*"This book is written with obvious knowledge and much love. These stories and the insights that accompany them will be invaluable to current and future caregivers. Great job!"*

*—Trey Sunderland, M.D.*

*National Institutes of Health, Washington, D.C.*

Sandy Braff

## Staying Connected While Letting Go: The Paradox of Alzheimer' s Caregiving



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This book, laced with poignant stories, targets the emotional impact of the disease on the caregivers and will be offering specific coping strategies they can use to keep them emotionally sane in this chaotic time.



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I know I will need to read this reserve many times. As a fresh caregiver the advice that was given provides been extremely helpful. I have learned that we all want support and information. Having participated in a support group for caregivers for 15 years, I found the book showing great understanding and empathy of caregivers, and to be a true acknowledgement of all caregivers I've known and discovered with over the past 15 years. So helpful This book is truly a collection of shared caregiver's stories in group counseling sessions. Anyone dealing with demented spouses can benefit from the stories these people tell. The loss of intimacy both physical & We've many different issues compared to the children of individuals and this may be the first book I found addressing these issues. A fabulous book! As a long time caregiver, I needed to thank you so much for the gift of your wonderful book. It's a continuing support group for Alzheimer's caregivers. Two thumbs up, five stars. I have recommended this reserve to a pal whose husband suffers from Alzheimer's. It's an excellent resource and will be a amazing help all who browse it! It provided lots of support when I came across I wasn't uncommon for feeling the losses I experienced. Yvonne - a caregiver for 15 years.. I was so disappointed when trying to deal with simple issues. exceptional for understanding my 93 yr old Mother Every care provider for an elderly family member needs to read this reserve. This reserve puts a human encounter on those caregivers. Caregiver Resource THIS BOOK IS A MUST READ FOR ANYONE LOOKING AFTER RELATIVE OR IN THE PROFESSIONAL WORLD Excellent - - ESSENTIAL Read for Caregivers Looking after an Alzheimer's caregiver bears with it a plentitude of complications, particularly if the caregiver is a spouse. As the country witnessed with the Reagan's, one of the most tragic effects was that of a few with a rich history, but the inability to share those precious memories into old age. And, too often, the caregiver is definitely forgotten because the spotlight is fired up the individual with Alzheimer's. Today I am aware. The authors capture stories of actual caregivers as they face each successive stage of the condition. In addition, the book is filled with coping strategies for those caregivers. If you know an Alzheimer's caregiver (or any caregiver), get them a copy of the book - - not merely might it be helpful, it'll touch them deeply because they realize the conflicting feelings they're experiencing are shared by many. There were so many tales and situations I linked to, since I experienced a few of the same occasions over time. It will provide peace to your frazzled spirit by explaining what to anticipate and reassuring you that you will be not alone, that lots of have walked this route and arrive to some type of reconciliation with the unavoidable. Four Stars Helpful for those coping with somebody with dementia.. comprehend the devastating actuality that your beloved has this incurable This book will help you come to terms with the devastating reality that your loved one has this incurable, progressive disease. . Through personal vignettes, it is possible to identify your own struggles and mitigate the discomfort and loneliness and frustration and concern with this terrible disease known as (by Nancy Reagan), "the longer goodbye." A must read. good info for spouses This is the best book I've found about the effects of alzheimers on spouses. Highly recommended!! I was extremely angry because these issues were never addressed at support meetings. I have recommended this reserve to additional spouses. And there's quite of large amount of helpful advice both from the counselors and the spouses on how best to deal with the ever changing dynamics of Alzheimer's and dementia in general (differences are minor between your two). emotional can be overwhelming, aside from the care and attention of the person!



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