

JANET YAGODA SHAGAM

Forewords by

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an unintended
JOURNEY

A Caregiver's Guide to
DEMENTIA

Everything from diagnosis to estate management

Tools for self-reflection and getting through your day

Information for veterans and their caregivers

Family dynamics—how to avoid pitfalls

Navigating the financial and legal aspects

Riding the emotional rollercoaster

Janet Yagoda Shagam

An Unintended Journey: A Caregiver's Guide to Dementia



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According to the 2009 census, a lot more than five million people surviving in the United States have Alzheimer's disease or various other type of dementia. The worksheets certainly are a tool to help visitors organize, evaluate, and self-reflect. The FAQs tackle specific issues and circumstances that frequently make caregiving such a challenge. She also covers topics not usually contained in additional books on dementia: family dynamics, caregiver burnout, elder abuse, incontinence, budget and paying for care, the problems same-sex families face, and coping with the eventuality of loss of life and estate management. Using both personal narrative and well-researched, expert-verified content material, she guides readers through the often-confusing and challenging world of dementia care. She thoroughly escorts caregivers through the basics of dementia as a human brain disorder, its accompanying behaviors, the methods utilized to diagnose and stage the condition, and the legal areas of providing treatment for an adult who is no longer competent. The author, an experienced medical and science writer known for her capability to clearly explain complicated and emotionally delicate topics, is also a former family members caregiver herself. Each chapter starts with a real-life vignette taken from the author's personal encounter and concludes with "FAQS" and "Worksheets" sections. This reserve addresses the requires and issues faced by adult children and other family members who are scrambling to create sense of what is taking place to themselves and the family members in their care. Not reported in these figures will be the fifteen million family caregivers who, altogether, contribute seventeen billion hours of unpaid care and attention every year. A glossary of terms, an appendix, and references for further reading give readers a control of the vocabulary clinicians make use of and usage of valuable resources.



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This is an essential read regardless of whether you think you have a relative with dementia or not, because there are a lot of people in this country over 65 with the potential of having some form/stage of dementia. Excellent read for caregivers. Very worthwhile read. Items I wish I had known during my first encounter with Dementia, and eventually, Alzheimer's. But it turns out there are several types of dementia and the symptoms are far more much ranging and insidious. Informative, compassionate, a must read. This is a thoughtful, comfortably written and compassionate experiential and explanatory book that addresses the heart breaking condition we call dementia - a condition suffered by an incredible number of older Americans. It might help everyone view the elderly with even more compassion and not simply dismiss them with such phrases as "he's simply become more difficult as he ages", or "that's precisely what old folks are like", or any number of other condescending statements that enable them never to deal with what is standing in front of them - a person with a degenerative disease. Good book if not really for that. For this reason I consider this book a "must examine". If more people were aware of the symptoms, situations of dementia may be discovered earlier and as it happens there are several medications that can be helpful if the disease is captured in its early stages. Reading this publication, I realized I knew nothing about dementia other than some anecdotal information from people who had experience with parents who got succumbed to the condition. My mom is not coming back. Just like the author's mom though, he had been difficult and was an extremely intelligent, educated and accomplished person. I really need the reassurance that this reserve gives. After struggling through the first 50 pages, I put the publication away and can not pass it to my mother. Some genetic propensity for dementia is available on the 21st chromosome. Since people with Down syndrome possess trisomy 21, they will have a tendency to develop early onset dementia. My 19 season old daughter falls into this category. Highly recommend for almost all experiencing this journey"! It's also been helpful in realigning my targets of what she actually is still able to do. Five Stars Outstanding resource for elderly caregivers. Great book for such an important issue. Simply ordered last week and it is falling aside. Reading this reserve has provided me some practical equipment for cataloging and pursuing her decline for the reasons of preparing, reporting to medical professionals, and maintaining a protected climate for her. I am trying to educate myself approximately dementia- My mom is in the first stages- She actually is 92, lives in an assisted care- I have to know what I could expect- how I can be of the very most assistance to her and her health care givers- This book is of an extremely personal story-, & informative- -- I highly recommend- Individuals who go through these journeys can share in a more for me- easier to understand the changes in our like one & Therefore eye-opening, She give good descriptions of the effects of the diseases on the person, and the resulting influence on the caregivers. What I got was a dry, scientific description targeted at adult kids who live in the united states. I did so not see any suggestions or ideas for how exactly to interact with someone who is puzzled, depressed, or difficult. I would particularly recommend this reserve for households with dependents with Straight down syndrome - although the condition isn't specifically addressed. I came across what I was looking for in two various other books: "Creating Occasions of Joy for the individual with Alzheimer's or Dementia: A Journal for Caregivers" by Jolene Brackey and "Being Mortal: Medication and What Matters in the End" by Atul Gawande. Amazing Tool for Caregivers I actually spent close to two years managing the care for my dad who was simply afflicted with Dementia leading to Alzheimer's, and after losing him to problems of the condition; my mother was identified as having it. I wish I experienced found this reserve while I was a novice at caregiving issues and while I was learning about the progression of the condition, but despite having my experience - this reserve is invaluable if you ask me. I can attest to many of the challenges Janet Yogoda Shagam discusses and the toll it takes on the person who is ill along with the caregiver, and while reading this I am thankful to end up being learning so many new things about coping and caregiving; We usually associate it with advanced stage Alzheimer's where time the sufferer has become unable to care for himself, incontinent and forgetful. I am actually just halfway through the book as I compose this - it really is that great - and would give it 6 stars if I could. I am recommending it to everyone and especially to those who would immediately benefit from reading it: the company that supplies my mother's time companions, the social employee for elderly services, her doctors, and my friends and family. Many thanks Janet Yogoda Shagam, this is an excellent book and wonderful device! Our perception and understanding of this degenerative disease at a societal level is at best limited. I have already been the caregiver for my mother who right now lives in assisted living. I came across this

reserve to be precisely what I needed to give me some clarity with this cloudy condition. It had been especially good to see the mini-check results--my mom did a similar as in the images. the toll this disease also assumes us- the caregivers-- Not what I was looking for I was longing for a practical guidebook to greatly help my mother deal with my father's Alzheimer's. And, he had a lucid wife to cover for him. Had this book been obtainable in 2005, I'd have understood that the intense and odd behaviors exhibited by my father who died of cancer that year, were in fact proof dementia which he'd most likely had for about 10 years. The person I see before me is not any longer my mother.. No medicine or therapies will bring her back again. I am so pleased I could help my pal through a difficult time. A must read if you have a family member with dementia I actually purchased this for a pal whose mom has Parkinsons and dementia. My pal told me that she couldn't place the book down because it was so relevant and so well crafted. She had felt therefore alone before reading the book. She is thankful I gave it to her and keeps refering if you ask me as a "god send". But I can rest guaranteed that she actually is getting great caution and that she knows I love her. I strongly suggest this book if you or someone you understand has a family member with dementia. It really is worth the read. Excellent - Great Information and Presentation Plenty of "help" books spend the 1st couple chapters stating how much help the book will likely be for the reader. I must say i think that wastes the reader's period. This one didn't do that. It jumped correct in and was obvious, informative and relatively comforting. a pal needed this I liked that the delivery was perfect, my friend whose hubby is in middle stages of Alzheimer's has found it to be thus helpful. Wonderful resource Well written and was very informative as I cope with my dad. The explanations for so excellent. The outward symptoms of dementia are therefore confusing to someone in "normal" reality. Although nursing was her profession, she has come upon some issues she hadn't considered. There is a plethora of useful and informative information in this book and it's really written with deep compassion. Four Stars very informative Recommended book for all those caring for someone with dementia Received in very good condition as stated on Amazon. That is a book which has a wealth of information for all those that have a family member dealing with dementia. Being pulled into the reality of a person battling with dementia could be frustrating and extremely demanding. It has helped me understand more clearly the process of dementia. Sad. Good reserve if not for that Binding can be broken!!! Everyone should read it. Sad. If people were simply more conscious, the behaviors that proof early decline may be addressed and alleviated oftentimes. And I know that I can not do anything about it...



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