



Understanding Dementia and Caregiving For Your Aging Parents From A to Z

Ellen Gerst

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While having a foundation of knowledge about the subject is important, information alone, or beyond a particular point, isn't the only ingredient you will require in order to deal with a dementia analysis. Per the 2012 Alzheimer's Disease Facts and Figures report published by the Alzheimer's Association, one in eight older Americans (over 65 yrs . old) suffers Alzheimer's and nearly half of the people 85 and older are afflicted with this insidious disease. tries to check out the same subject matter through a different lens. For a more in-depth appearance at caregiving which includes terms of assistance, comfort and inspiration, browse Ellen Gerst's second book: "Understanding Dementia and Caregiving For Your Aging Parents From A to Z" publication. " It is very important ask for and accept help as you arrive to grips with this tremendous task before you. So just as the Baby Boomer generation gets ready to enjoy retirement, their more and more frail parents require their care, many of whom may be exhibiting signs of Alzheimer's disease. Newly Updated TO ADD Thoughtful Tips for Caregivers. As a result, this book isn't an attempt to educate you on all of the medical areas of dementia, although they are touched on gently. Two excerpts are one of them " It lets you know some of what things to anticipate and the emotions and thoughts you may have in response to your enjoyed one's deteriorating condition, and it provides suggestions to help you cope. Compiled by a grief and romantic relationship coach who knows the trip you are going to or have already started, for she is traveling upon this road as well. Caregiving takes its toll in lots of ways -- mentally, emotionally, and physically. A Guide For Caregivers of Ageing Parents with Alzheimer's," also available on Amazon. Rather, it speaks to you from the center and a personal standpoint. A to Z" There are numerous books on caregiving, dementia and Alzheimer's disease, which review the same topics in different ways. To learn more on how she will help you with your caregiving, check out her websites at <http://www.LNGerst.com> and <http://caregivingforagingparents.blogspot.com>



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Valuable resource I wish I had read this publication this past year. Your Aging Parents Helpful, simple practical guidance from the "psychological" perspective, for a thing that most of us will knowledge - the "role reversal" that accompanies aging parents and their adult children. A great resource for those about to or already dealing with parents showing indications of dementia. Very helpful advice This book offers words of encouragement to caregivers who are confronted with the challenge of looking after a parent with memory disorders. The quotations that the writer uses as a basis because of this book have become well chosen.. Now coping with my mother's increasing dementia, many of the items discussed by Gerst are points I had already dealt with, but I found new ideas, in addition to affirmation for what I got already done in this book. The publication gave me a brand new outlook and a self-confidence boost for the care of my mother.. The author was sensitive to sufferers and their caregivers and the information provided for caregivers was enlightening. Was a great gift for a member of family who is caring for an aging relative, who likely suffers from the first stages of dementia. Compassionate and Helpfu. The book was readable and understand.. VERY GOOD AND HELPFUL This book answered a good deal. Why not tap into the wisdom and wit of others to get a point across in a concise and thought provoking manner!. Emotions & An easy to learn and re-assuring book that makes you feel that you are not by yourself. The suggestions and tips in the reserve have made me a more thoughtful caregiver. Five Stars Answers the questions. Suggestions I needed too Fresh outlook This book was a quick and pleasant read. For a person who is amid being or becoming caretaker, a quick read is usually a blessing. Very useful advice. I will get back to it and refresh my personal with the answers to greatly help me be considered a better caregiver An easy to read and re-assuring book which makes you feel . Was an excellent gift for a member of family who is caring for .



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