

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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Based on the 2009 census, more than five million people living in the United States have Alzheimer's disease or various other form of dementia. From the Trade Paperback edition. This book addresses the demands and issues faced by adult kids and other family who are scrambling to make sense of what's happening to themselves and the family members in their care. sections. Using both personal narrative and well-researched, expert-verified content, she manuals visitors through the often-complicated and challenging world of dementia care. Often Asked Questions" She also addresses topics not usually contained in other books on dementia: family dynamics, caregiver burnout, elder abuse, incontinence, funds and paying for care, the issues same-sex families encounter, and coping with the eventuality of death and estate management. The FAQs tackle particular issues and circumstances that often make caregiving such a problem. She cautiously escorts caregivers through the basics of dementia as a mind disorder, its accompanying behaviors, the methods utilized to diagnose and stage the disease, and the legal areas of providing care for an adult who is no more qualified. and "Worksheets" The author, an experienced medical and science writer known for her capability to clearly explain complex and emotionally sensitive topics, is also a former family caregiver herself. Each chapter begins with a real-life vignette extracted from the author's personal experience and concludes with " The worksheets certainly are a tool to help readers organize, evaluate, and self-reflect. A glossary of conditions, an appendix, and references for further reading give readers a control of the vocabulary clinicians use and usage of valuable resources. Not reported in these figures will be the fifteen million family members caregivers who, altogether, contribute seventeen billion hours of unpaid caution each year.



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Informative, compassionate, a must read That 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. Our perception and knowledge of this degenerative disease at a societal level reaches best limited. Although nursing was her profession, she has come upon some stuff she hadn't considered. Just ordered last week in fact it is falling aside. That is a must examine regardless of whether you imagine you have a relative with dementia or not, because there are a lot of people in this country over 65 with the potential of experiencing some form/stage of dementia. It could help everyone view older people with more compassion and not just dismiss them with such phrases as "he's simply become more challenging as he gets older", or "that's just what old folks are like", or any number of various other condescending statements that allow them never to deal with what is standing in front of them - a person with a degenerative disease. If individuals were simply more conscious, the behaviors that proof early decline may be tackled and alleviated in many cases. This is why I consider this publication a "must read". My mom is not coming back. I really want the reassurance that this publication gives. Had this reserve been available in 2005, I'd have recognized that the intense and odd behaviors exhibited by my father who died of tumor that year, were actually evidence of dementia which he'd probably had for approximately 10 years. Just like the author's mother though, he had always been hard and was an extremely intelligent, educated and accomplished person. And, he previously a lucid wife to cover for him. I would particularly recommend this book for families with dependents with Down syndrome - even though condition is not specifically addressed. Excellent read for caregivers Very worthwhile read. Since people with Down syndrome possess trisomy 21, they have a tendency to develop early starting point dementia. No medication or therapies provides her back. items I wish I had known during my first experience with Dementia, and ultimately, Alzheimer's. It's also been useful in realigning my objectives of what she is still able to perform. Everyone should browse it. There exists a plethora of useful and informative information in this book and it's really written with deep compassion. Being pulled in to the actuality of a person battling with dementia can be frustrating and intensely stressful. We am trying to educate myself approximately dementia- My mom is in the early stages- She is 92, lives within an assisted care- I need to know what I could expect- how I can be of the very most assist with her and her health care givers- This reserve is of an extremely personal story-, & the toll this disease also assumes us- the caregivers-- Not what I wanted I was hoping for a practical guide to help my mother cope with my father's Alzheimer's. What I got was a dry, scientific description aimed at adult children who live across the country. I did so not see any suggestions or ideas for how exactly to interact with somebody who is confused, depressed, or difficult. After struggling through the first 50 web pages, I put the book away and will not pass it to my mother. I found what I was looking for in two various other books: "Creating Moments of Pleasure for the Person with Alzheimer's or Dementia: A Journal for Caregivers" by Jolene Brackey and "Being Mortal: Medicine and What Matters in the End" by Atul Gawande. Amazing Tool for Caregivers I spent close to two years managing the care for my dad who was simply afflicted with Dementia resulting in Alzheimer's, and after losing him to problems of the disease; my mother was identified as having it. She had experienced so alone before reading the publication. It had been especially good to start to see the mini-check results--my mom did a similar as in the images. Reading this reserve has provided me some practical equipment for cataloging and following her decline for the purposes of preparing, reporting to medical professionals, and maintaining a protected climate for her. I am actually only halfway through the publication as I compose this - it is that great - and would provide it 6

stars easily could. I am recommending it to everyone and specifically to those that would immediately benefit from reading it: the agency that products my mother's time companions, the social employee for elderly solutions, her doctors, and my friends and family. And I understand that I can not do anything about it. Some genetic propensity for dementia is found on the 21st chromosome. I have been the caregiver for my mother who now lives in assisted living. The explanations for so good. I can attest to many of the difficulties Janet Yogoda Shagam discusses and the toll it takes on the person who is ill as well as the caregiver, even though reading this I am thankful to end up being learning so many new things about coping and caregiving; Therefore eye-opening, She give great descriptions of the effects of the illnesses on the person, and the resulting effect on the caregivers. Reading this publication, I realized I knew nothing about dementia other than some anecdotal details from people who had experience with parents who acquired succumbed to the disease. If more folks were conscious of the symptoms, situations of dementia may be discovered earlier and as it happens there are several medications which can be helpful if the disease is captured in its first stages. The individual I see in front of me is not any longer my mom. Many thanks Janet Yogoda Shagam, that is a fantastic book and wonderful device! My 19 year old daughter falls into this category. But I could rest assured that she actually is getting great caution and that she understands I love her. A must read should you have a family member with dementia I actually purchased this for a pal whose mother has Parkinsons and dementia. My friend explained that she couldn't place the book down since it was therefore relevant and so well crafted. I wish I experienced found this publication while I was a novice at caregiving issues even though I was studying the progression of the condition, but even with my experience - this book is invaluable to me. She is thankful I gave it to her and retains refering to me as a "god send". Excellent - Great Information and Presentation A lot of "help" books spend the 1st couple chapters stating just how much help the book will probably be for the reader. I strongly suggest this book if you or someone you know has a relative with dementia. It is worth the browse. I am so pleased I could help my friend through a hard time. I really believe wastes the reader's time. This one didn't do that. It jumped correct in and was obvious, informative and relatively comforting. The outward symptoms of dementia are so confusing to somebody in "normal" reality. Highly recommend for most experincing this journey"! I found this book to be just what I needed to give me some clarity with this cloudy condition. a friend needed this I loved that the delivery was perfect, my friend whose spouse is in middle phases of Alzheimer's has found it to be so helpful. We generally associate it with advanced stage Alzheimer's where time the sufferer has become unable to look after himself, incontinent and forgetful. Five Stars Outstanding resource Foe elderly caregivers Great book for such an important issue. Four Stars very informative Recommended book for all those looking after someone with dementia Received in extremely good condition as mentioned on Amazon. It has helped me understand even more clearly the procedure of dementia. Wonderful resource Well crafted and was very informative as I deal with my father. This is a book which has a wealth of information for those that have a member of family dealing with dementia. Sad. Good book if not for that Binding is broken!!! But it turns out there are several types of dementia and the outward symptoms are far more far ranging and insidious. Sad. Good book if not really for that... useful-- I highly recommend- People who proceed through these journeys can talk about in a more for me- simpler to understand the adjustments in our love one &



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