



Becoming an Alzheimer's Whisperer: A Resource Guide for Family Caregivers

Dr. Verna Carson, Katherine Vanderhorst

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This guide details in an easy to read fashion, everything a family caregiver needs to know to manage his or her loved one at home. Readers are presented with the Theory of Retrogenesis and the Walk through the Brain, concepts that will help the caregiver to understand Alzheimer's and Dementia. They are provided the tools to evaluate their own level of stress as well as the resources that can assist them when the stress is more than they can handle. All of the most common challenges in caring for a person with Alzheimer's are presented in a format that is easy to comprehend. Additionally, the manual touches on some not so common issues that arise in the caregiving role, or instance, how to handle holiday celebrations, how to take a vacation with someone with Alzheimer's, how to take the car keys away; how to handle inappropriate sexual behavior; how to know what gifts are appropriate for the person with Alzheimer's, along with other specific issues that caregivers will encounter.

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