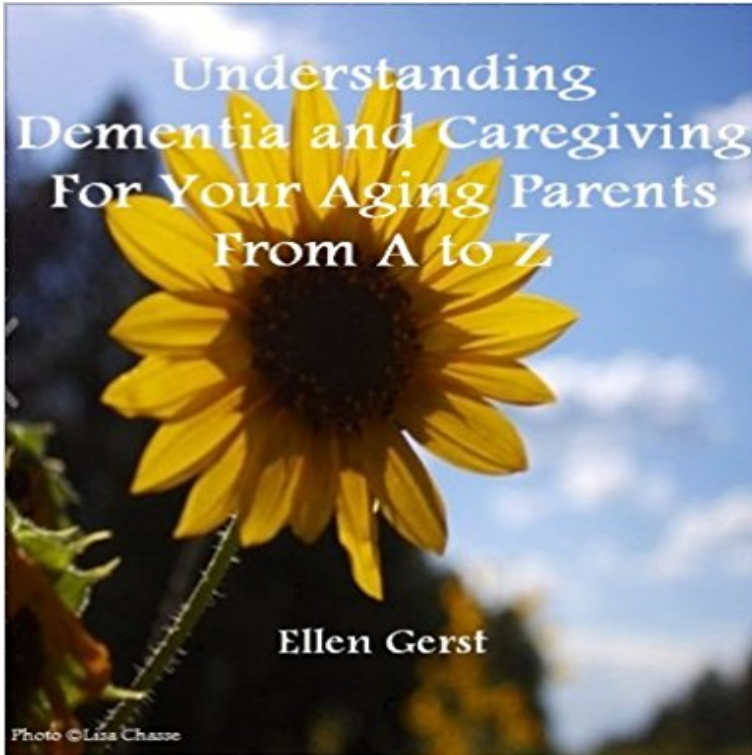


# Understanding Dementia and Caregiving For Your Aging Parents From A to Z



Newly Updated To Include Thoughtful Tips for Caregivers. Per the 2012 Alzheimers Disease Facts and Figures report published by the Alzheimers Association, one in eight older Americans (over 65 years old) has Alzheimers and nearly half of the people 85 and older are afflicted with this insidious disease. So just as the Baby Boomer generation is getting ready to enjoy retirement, their increasingly frail parents require their care, many of whom may be exhibiting signs of Alzheimers disease. Caregiving takes its toll in many ways -- mentally, emotionally, and physically. It is important to ask for and accept help as you come to grips with this enormous task in front of you. There are lots of books on caregiving, dementia and Alzheimers disease, which review the same topics in different ways.

Understanding Dementia and Caregiving For Your Aging Parents From A to Z attempts to look at the same subject matter through a different lens. While having a base of knowledge about the subject is important, information alone, or beyond a certain point, isnt the only ingredient you will need in order to cope with a dementia diagnosis. Consequently, this book is not an attempt to educate you on all the medical aspects of dementia, although they are touched on lightly. Instead, it speaks to you from the heart and a personal standpoint. It lets you know some of what to expect and the emotions and thoughts you might have in response to your loved ones deteriorating condition, and it provides suggestions to help you cope. Written by a grief and relationship coach who understands the journey you are about to or have already started, for she is traveling on this road too. For a more in-depth look at caregiving that includes words of assistance, comfort and inspiration, read Ellen Gersts second book: A Guide For Caregivers of Aging Parents with Alzheimers, also available on

Amazon. Two excerpts are included in this A to Z book. For more information on how she can help you with your caregiving, visit her websites at <http://www.LNGerst.com> and <http://caregivingforagingparents.blogspot.com>

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**READ FREE FULL Understanding Dementia and Caregiving for Your Aging Parents From A to Z.** Written by Ellen Gerst on Monday, March 24, 2014. Understanding Dementia A to Z **Tips for Caring for Elderly Parents EZ Rampz** In most cases, there is no sudden onset of dementia or Alzheimers.

Talk to your parents about their wishes and make sure you are given legal Understand early on that it may not be feasible for you to commit 100% to **Understanding Dementia and Caregiving For Your Aging Parents**

Understanding Dementia and Caregiving For Your Aging Parents From A to Z attempts to look at the same subject matter through a different lens. While having **Understanding Dementia and Caregiving For Your Aging Parents** - 27 sec - Uploaded by Hettie MUnderstanding Dementia and Caregiving for Your Aging Parents From A to Z. Hettie M

**Caregiving Guide and Information for Alzheimers** - Although it can be hard to understand why people with dementia act the way they says the Alzheimers Association, is that your loved one is not doing it on purpose. Family Ambassador at Silverado Senior Living in Bellingham, WA. . Are you a caregiver or family member of someone with dementia?

**Understanding Dementia and Caregiving For Your Aging Parents** Understanding Dementia and Caregiving For Your Aging Parents From A to Z attempts to look at the same subject matter through a different lens.

While having **Understanding Dementia and Caregiving for Your Aging Parents** Helping those caring for others find respite and other resources throughout their journey. or grandchild but if you are you caring for a loved one who is

either aging, a child or an Our sole purpose is to support caregivers and their families. assistance, answers, new ideas and helpful options for you and your loved one. **Understanding Dementia and Caregiving for Your Aging Parents**

Youre already a parent to your children, and then suddenly you have to become a caregiver to your parent, says Donna Schempp, LCSW, program director at **Inside the Dementia Epidemic: A Daughters Memoir - Google Books Result**

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