



Adapting to Alzheimer's: Support for When Your Parent Becomes Your Child

Sherry Lynn Harris

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Adapting to Alzheimer's: Support for When Your Parent Becomes Your Child Sherry Lynn Harris

A practical as well as inspirational guidebook for caregivers, Harris conveys a moving tribute to the loving bond between parent and child as she and her mother support one another through 18 years of Alzheimer's disease. She details immediately useful advice as someone who has been there and knows from experience how best to support a loved one through the various stages of the disease. Innovative ideas and true-life examples offer guidance and reassurance and, as important, also describe how to support and care for yourself throughout.

This book empowers you to rise to the challenge of caring for your parent by providing the information, encouragement, and tools you need.

It can sustain you through many challenging issues including:

recognizing warning signals, simplifying the environment to safely remain home as long as possible, putting financial and legal affairs in order, evaluating when a move is necessary, locating the next perfect home and helping adapt to it, taking the car keys away, using play and music to keep the brain active and engaged, calming ideas and tools to redirect aggression, and supporting yourself throughout the experience.

This book will help you to know what you can expect before it happens and give you proven ideas on how you can adapt, so you can be as well prepared as possible.

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