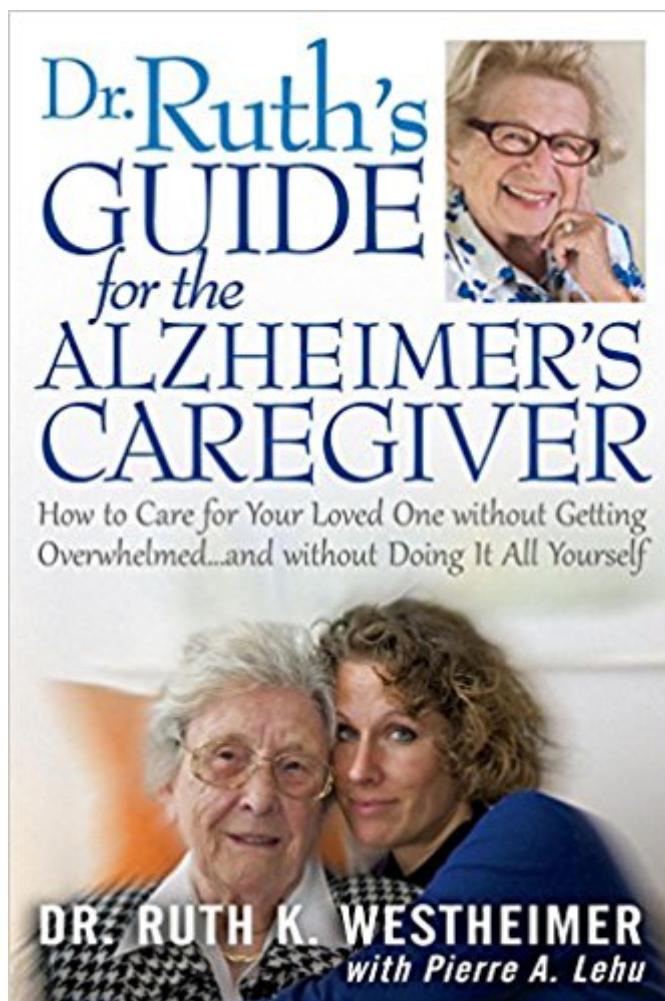


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# Dr Ruth's Guide For The Alzheimer's Caregiver: How To Care For Your Loved One Without Getting Overwhelmed...and Without Doing It All Yourself





## **Synopsis**

Dr. Ruth, a trusted name in relationship therapy, presents effective coping strategies for both the practical problems and emotional stresses of Alzheimer's care. More than 15 million Americans are responsible for the care of a loved one with Alzheimer's disease, a situation that can quickly lead to feeling overwhelmed while trying to balance between the full-time needs of a dependent adult and the caregiver's own physical and mental health. The tactics and resources presented in this book build confidence in the caregiver and provide health-guided advice on how to avoid burnout, seek support from family and friends, resolve family disputes, maintain a loving relationship with a spouse or parent with Alzheimer's, manage behavior, and make the home a safe environment. Keeping the best interests of everyone involved in mind, the guide also details how to coordinate effectively with doctors, facilities, and other care providers.

## **Book Information**

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## **Customer Reviews**

Caregivers will find the answers to even the most awkward questions in this down-to-earth guide by expert Westheimer. As Dr. Ruth writes in the introduction to her thirty-fifth book, she is neither a medical doctor nor an Alzheimer's expert. But she does hold a doctorate in education, and she puts that knowledge to good use here by not sugarcoating a disease that robs people of their personalities. An estimated 15 million Americans take care of nearly 6 million people diagnosed with Alzheimer's, and all can benefit from Dr. Ruth's advice to caregivers to assess their situations practically, like a general or a CEO, rather than letting their emotions take over. Perhaps

because she is an 84-year-old Holocaust survivor who lost her entire family, Dr. Ruth is an empathetic guide. With the help of Lehu, her longtime coauthor, she tackles any and all topics, including sex, explaining that because Alzheimer's patients lose their inhibitions, they may masturbate in public, and reminding caregivers that sex feels good, even to someone who has Alzheimer's. An excellent, commonsense guide to a heartbreakin

Practical advice ... not to be overlooked. "Dr. Ruth's Guide for the Alzheimer's Care Giver" is a strong addition to any caregiver's reference collection, highly recommended. --Midwest Book ReviewSex therapist Westheimer details coping strategies for caregivers. Westheimer draws on ... her training and experience in behavioral therapy to describe how to deal with stress and feelings like guilt and anger; accept help from others; and have a life. --Reference and Research Book NewsWestheimer focuses unflinchingly on the well being of the caregiver. She steadfastly reminds readers that to effectively take care of their loved ones, they must take care of themselves ... equips [caregivers] with a steady foundation. --Melissa Anne Wuske, ForeWord ReviewsOne of the best books I've ever read on Alzheimer's caregiving. Jam-packed with practical, hands-on, down-to-earth information ... a must-read for anyone caring for a loved one with Alzheimer's. --Marie Marley, Huff/Post50""Many books for caregivers skirt around important aspects of day-to-day caregiving, such as sexuality. ""Dr. Ruth's Guide for the Alzheimer's Caregiver"" provides realistic and practical assistance to help caregivers cope with daily challenges." --Linsey Norton, Program Director of the Alzheimer's Association of Central and Western KansasA fine book .... With extreme sensitivity, Westheimer and Lehu offer comfort and direction for caregivers who want to avoid being overwhelmed. For Boomers, elders, and caregivers, "Dr. Ruth's Guide for the Alzheimer's Caregiver" sheds a lot of light. --Terri Schlichenmeyer, The Bookworm SezCaregivers will find the answers to even the most awkward questions in this down-to-earth guide. All [caregivers] can benefit from Dr. Ruth's advice ... Dr. Ruth is an empathetic guide. An excellent, commonsense guide to a heartbreakin

I've been a caregiver for my husband for 4 years & have read many books. Dr. Ruth is right on target with her frank, nonjudgmental discussion of the topic. She seems to face head on many of the emotions & thoughts that come with this new role that you are just not comfortable mentioning to people who are not walking this path.I would recommend this to anyone whose life is touched by

someone with Alzheimer's.

Similar information I have read in a number of books. Still, a good book, easy to read and understand, and if someone needs a starter book on this subject, it is a good one. A little heavy on the sex issue, but since that was her field, I understand why, but some of it could be edited out.

The first part of the book is clearly the author's area of expertise - advice and counselling - and it is well worth reading. But the second part seems to be a synthesis of what the author has picked up from others - and there are better informed sources of information on diagnosis and treatment. Also, sections on where to get help, facilities and legal and financial issues are directed at the US reader.

Dr. Ruth outlines some very practical ways to help your loved one with Alzheimer's by doing subtle routine every day things such as cooking, establishing a normal routine that help your loved one feel at peace. That was my first reading. If I go back and study her techniques more carefully, I am sure I will see some things I may have missed. A very good read.

Dr. Ruth's book considers many aspects of caregiving, not written about in other books for caregivers. She covers complications such family issues, and sexual considerations. This is a book that a caregiver can really use and discover answers while reading and rereading. No one has all the answers but Dr. Ruth provides reasonable responses to tough questions.

Easy read. Perfect gift for moms dealing with dads. Dr Ruth a legend in our time.

Practical. Thoughtful.

This book was a total waste of dollars. She is not an expert on Alzheimers. I really needed some practical advice..I got nothing from this book. The book that I loved was also purchased from ..it is the Best Friends guide to Alzheimers and it was very useful.

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