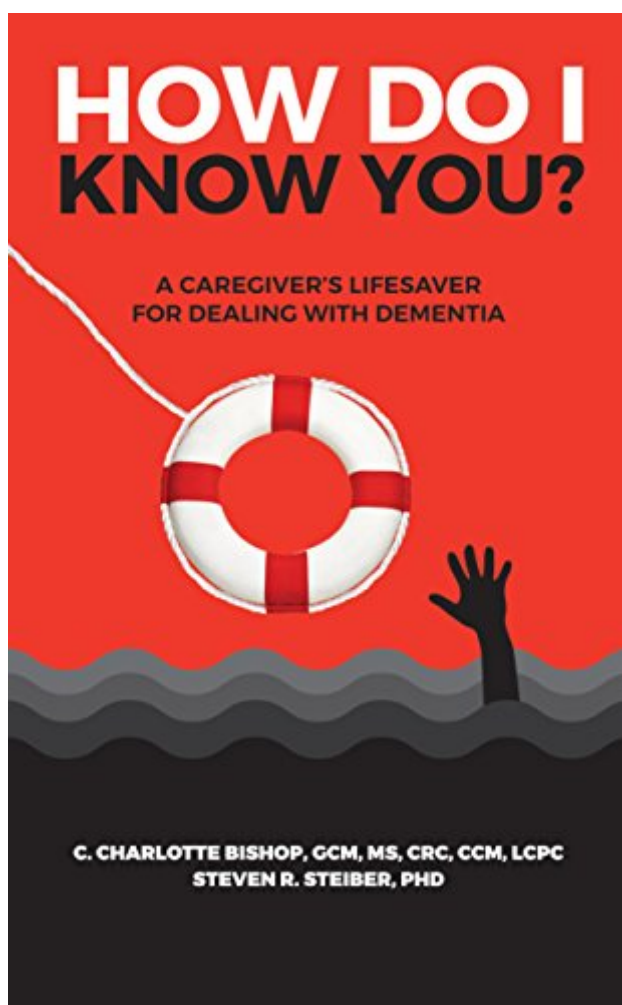


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# How Do I Know You?: A Caregiver's™ Lifesaver For Dealing With Dementia



## Synopsis

A family crisis doesn't make an appointment. Therefore, you've got to be ready when it shows up. In excess of 8 million Americans have some form of dementia, As a caregiver to a loved one with dementia, it can wear you down, stress you, worry you and make you sad. It may create a financial hardship for you or your loved one. It can become your other full-time job. And it can burn you out! This book focuses on what we know that can be your lifesaver to ease your pain and help you find the best way to address your problems. It also will help you to care for you, the caregiver. There is no "one size fits all" plan, but we think you will find parts of your plan in the case studies we share in this short book. The key to peace of mind is to have a plan, even if you have to make adjustments along the way. Let us be your companion and guide as you navigate this challenging time of life for your parents or your spouse or yourself.

## Book Information

File Size: 1222 KB

Print Length: 102 pages

Simultaneous Device Usage: Unlimited

Publisher: Family Solutions Press (July 7, 2017)

Publication Date: July 7, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073T3GFXJ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #667,008 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

in Books > Medical Books > Nursing > Long-Term Care #150 in Kindle Store > Kindle eBooks >

Nonfiction > Parenting & Relationships > Aging Parents > Eldercare #467 in Kindle Store >

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## Customer Reviews

Just average in terms of usefulness and uniqueness.

I received the book as a gift and am about 3/4 through. It is a very easy read, but I have found myself rereading various portions a second and third time. My only criticism is I wish I had this book as a reference 3 years ago as my 90 year old Mother was dealing with vascular dementia. I now read the book with reference to myself, my spouse, friends and my road ahead. My plan is to share my copy with my family. Thank you to the authors...well done!!

I just finished reading this book and it was extremely helpful. The author clearly explains what to expect when a loved one has dementia and the case studies were very insightful as I could relate to so many of them. This book will help you realize you are not alone in the process of "dealing with dementia " which can be very overwhelming at times. I would recommend this book to anyone who has a loved one going through this or also to anyone in a caregiving profession or situation.

I recently read the book How Do I Know You as I have an elderly father who is becoming increasingly confused. I like the book because it provides some good insight and things to think about. It is also short enough that it can be read by multiple members of the family to try and get everyone on the same page. It can help a family address issues such as care taking responsibilities and strategies that may not otherwise get discussed. It is very easy for the family to have to follow an uncertain path as opposed to taking a little more control to insure the parent & families needs are met. I would recommend this book!

This is a very helpful book in helping persons dealing with a loved ones's dementia. What a excellent reference. . They have lessons learned from 70 care manager case studies, which is very insightful. I would recommend this book highly to all who have aging parents and to social services personnel.

As a social worker, I've found this book super helpful. I work with a broad range of clients, some of whom have loved ones who suffer from dementia. This book serves as an excellent resource, providing caregivers and clinicians, like myself, with practical advice and positive encouragement.

Experienced writers with practical help for families.

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