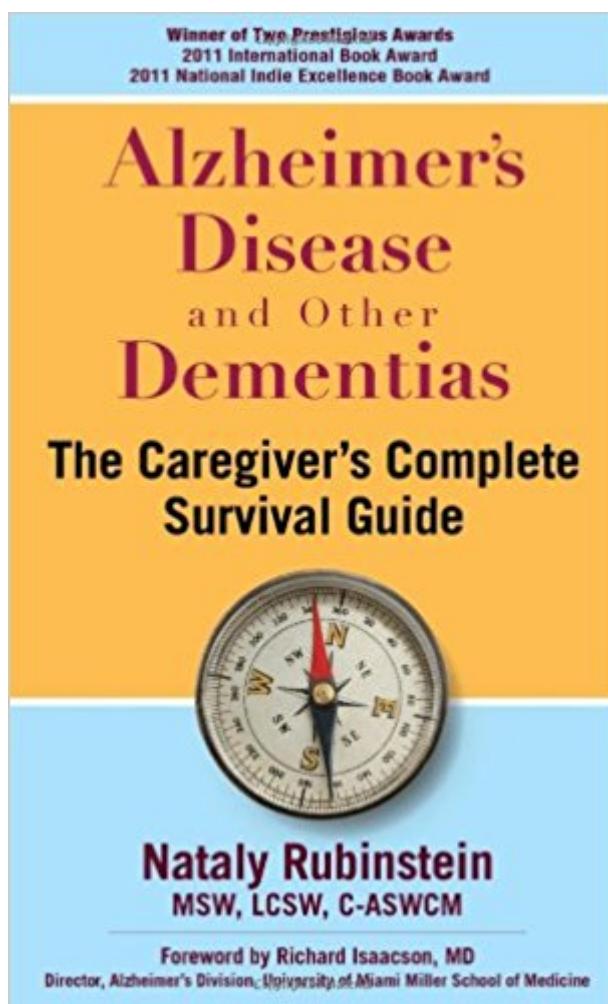


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# Alzheimer's Disease And Other Dementias - The Caregiver's Complete Survival Guide



## **Synopsis**

As a caregiver, you face challenging situations and conflicting information concerning diagnoses, treatments, coping with everyday activities, and dementia itself. This easy-to-read book will give you the resources to make informed decisions regarding the best possible care for you and your loved one. Written by a licensed clinical social worker with twenty-five years of experience, *Alzheimer's Disease and Other Dementias: The Caregiver's Complete Survival Guide* offers tips on: - Getting the best treatment for your loved one - Handling difficult behaviors - Making the home safer - Choosing respite and long-term care options - Finding legal and financial assistance - Improving overall quality of life Drawing from clinical and personal experience, Nataly Rubinstein guides you with humor and compassion through your journey. From preparing for the first visit to the neurologist to advice for daily life, she provides detailed, accessible information for those caring for someone with memory loss.

## **Book Information**

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## **Customer Reviews**

"At last, a roadmap for those who care for someone with memory loss. Nataly Rubinstein has given us an utterly human view of what it's like for a person and their family dealing with Alzheimer's disease. Going far beyond a clinical explanation, she provides insight into the deepest concerns we all share maintaining these individuals' lives and dignity and gives caregivers the confidence to know how to meet these needs."--Raul Grosz, MD, Board-certified neurologist, Neuroscience Consultants, Aventura and Miami Beach, Florida "An invaluable treasure of practical advice and

compassionate understanding. This indispensable book will guide you through the complexities, the responsibilities, and the challenges all caregivers face. Written by a remarkable woman, with wit and a human touch, it gives one encouragement and hope for one's own survival." --Sabina Shalom Caregiver for her husband, Mark, author of *A Marriage Sabbatical* "An extremely insightful, knowledgeable, but also easy-to-read and comforting book. I would recommend it to anyone who has concerns about the possibility that their loved one is living with Alzheimer's or dementia." --Gary Edward Barg, author of *The Fearless Caregiver*, founder and editor in chief of Today's Caregiver magazine "Nataly's advice has kept me from jumping off the edge! She can always take the worst-case scenario and spin it into something positive and workable." --Julia B. Sosnick, full-time caregiver for her husband, Phil "This book is truly the caregiver's GPS for navigating the long and arduous road of Alzheimer's. The educational benefit to the caregiver and family of anyone affected by this disease is unmatched by anything I have seen in my seventeen years of dealing with Alzheimer's. I look forward to recommending the book to everyone I meet who may in any way be touched by Alzheimer's." ----Larry E. Butcher, former chair, Alzheimer's Disease Advisory Committee, State of Florida, member, board of directors, Alzheimer's Community Care, West Palm Beach, Florida, sixteen-year caregiver for his wife, Jeannette

Nataly Rubinstein MSW, LCSW, C-ASWCM is a licensed clinical social worker and a certified geriatric care manager specializing in Alzheimer's disease and other dementias. For sixteen years, she was the primary caregiver for her mother, who was diagnosed with dementia. Nataly also worked several years at The Wien Center at Mount Sinai Medical Center in Miami Beach, Florida, which is ranked among the nation's top hospitals for geriatric care by U.S. News & World Report. She is a consultant for numerous assisted living facilities and offers staff training and education on dementia. Nataly runs a private practice and provides counseling, educational programs, and support groups for people with dementia and their caregivers. She is currently working on her PhD.

Frustrations, a rather weak and inconsequential word for what I was feeling at the time when I stumbled over this book. My wife was dying of dementia, not Alzheimer's, but pretty much a moot point at that time, and I was stupefied watching this little girl of mine whirling through the house we'd built ourselves, totally destroying 20 years of hard labor. (Note: I was alone with this, no one on the outside coming in to help, the typical Alpha male, yep, that's me) 2 years of explaining to the doctors that this was NOT Alzheimer's, similar but different and so bloody well do something. And enduring that oh so superior smile and the not to worries and so on. I'll admit that while I'm nowhere near as

bright as I wish to be in life, I'm not a dunce either and that conciliatory attitude infuriates me. Ms. Rubinstine's book answered more of my questions of what I was facing, in the first 3 pages of her book, than the two psychiatrists and the neurologist had in a year of questions. Read it cover to cover in an evening (I had very long evenings then) and immediately implemented numerous changes in how I handle this and making the home safer for my girl, and me, to be honest. I really ask anyone with a loved one suffering this damned disease to get the book and read it. It won't change your life, but it will make your current life better. More along the lines of an authors' review, in the darkest of days I called Ms. Rubinstein to ask for help, she dropped everything she might have been doing and talked (a wonderful thing that talk business) for over an hour, she obtaining insights on a dire situation and providing me with points to help me through those times. Anyone who's been through this understands intimately what it is I'm talking about. She's the real deal, she truly cares, and this book will help immensely. If you're having problems scraping up the \$10.00, write a comment here and email me then. I believe this strongly about this.

Alzheimer's Disease and Other Dementias: The Caregiver's Complete Survival Guide  
By Nataly Rubinstein MSW, LCSW, C-ASWC  
Two Harbors Press, Minneapolis, MN, 2011  
ISBN: 13: 978-1-936198-13-9, 397 pages  
This is a professionally written reference to Alzheimer's disease with a personal touch. Nataly Rubinstein presents enough of the medical references and caregiver experiences to establish this book as a professional reference. She also includes enough of her personal experiences to show the care and understanding she has for the task of being a caregiver. I find after reading the book I have inserted a dozen markers. Some are of problems I have already encountered and found her view of that stage of the process enlightening. Others are markers for conditions yet to be encountered. I did not enjoy reading this book despite its professional status because I am a caregiver and the future is likely to be as depressing as the past few years have been. Still I need to plan and this is an excellent reference when planning for future as well as reassessing the present. Thank you Nataly, your book will help. Michael Andrew Marsden  
The North Idaho Ghost Writer

As a professional who has worked for years with people that have been diagnosed with Alzheimer's disease, I found this book not only on top of the current research and full of tried and true practices, but written in an easy to read style. I can see why the author has a successful practice assisting families as she speaks in the book just as you would speak to a neighbor or a friend. I got the book

to review and see if it would be helpful for my Dad, who is caring for my mother with dementia, far from family support. Not only will I send a copy to my Dad (I can't bear to give away my own copy) but I will recommend it to families I serve in a local caregiver support group. Well worth the cost and the time spent and a great resource to keep referring to over time.

I chose this particular book because not only is the author well-credentialed, she has also been through the actual experience of being a caregiver for a loved one with Alzheimer's. I only wish I had had sooner access to the wealth of information in this book. For instance, I had no idea that the reason I wasn't finding the help we needed for my dad is because diagnostic clinics do not even exist in the state in which we live. Thus, the list of resources on a state by state basis alone has made this book invaluable to me. She doesn't leave it at that, though. Included in this book is other invaluable advice such as what information to gather to take to the clinic your loved one will visit, as well as practical day to day tips for caregiving. Ms. Rubinstein's authoritative book is also written on a level that non clinicians can understand and work with easily--my mom, for instance, for whom I thought I was getting this book. Until I previewed it myself, that is, when I realized it was written for both me, the daughter of a patient with dementia as well as a retired nurse, and also my mom who is my dad's sole caregiver. Best to get this one sooner rather than later is my recommendation.

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