

NEW Caregiver Guide from *The Comfort of Home*™ Caregiver Series

The Comfort of Home™ for Alzheimer's Disease A Guide for Caregivers

**Maria M. Meyer, Mary S. Mittelman, DrPH, Cynthia Epstein, LCSW
and Paula Derr RN**

“Alzheimer's disease is one of the most challenging conditions facing families and society. This book offers solid guidance to those who care for a friend or relative with this brain disease. Practical tips for navigating the journey of caregiving are spelled out in clear and simple language by seasoned professionals.”

— DANIEL KUHN, MSW

Author of *Alzheimer's Early Stages* and
The Art of Dementia Care

ISBN 10: 0-9787903-0-8 ♦ ISBN 13: 978-0-9787903-0-1 ♦ Softcover ♦ 7 3/8 x 9 ♦ 288 Pages ♦ \$24.95

Alzheimer's disease is a worldwide problem that touches people of every income and education level, and has an impact on everyone involved—especially the caregiver.

Comprehensive — Covers the basics, from understanding how Alzheimer's is different from normal aging, to coping with the behavioral symptoms that come with slowly diminishing reasoning skills.

Practical and Compassionate — Gives you insight into the world of the person with Alzheimer's disease so that you can provide better care.

Avoid Caregiver Burnout — Helps caregivers understand feelings of guilt, anger, grief, and depression and shows how to enlist the help they need. Gives practical caregiver self-care tips.

A to Z — From the early signs to the late stages, helping you to:

- make the home safe and comfortable
- make everyday activities like toileting, bathing, feeding, and dressing easier
- find in-home help when you need a break or because the caregiving becomes too hard to do by yourself
- work with the doctors to get the best quality of care possible
- understand end-of-life health care needs and documents to guide your decisions

Plus! Illustrations, checklists, free and low-cost resources.

ABOUT THE AUTHORS

Mary S. Mittelman, DrPH, is Director of the Psychosocial Research and Support Program at the Silberstein Institute, Research Professor in the Department of Psychiatry at New York University School of Medicine, and leader of the Education and Psychosocial Cores of the NYU Alzheimer's Disease Center. She is Principal Investigator of the NYU-Spouse Caregiver Intervention study.

Cynthia Epstein, LCSW, a social worker and clinical investigator and for more than ten years she has counseled family caregivers and people with Alzheimer's disease who seek cognitive evaluations.

Maria M. Meyer is the co-author of *The Comfort of Home*™ caregiver guide series and a keynote speaker and workshop leader on caregiver topics. **Paula Derr, RN** is a clinical educator with the Sisters of Providence Health System.

Companion-Trainer's Presentation Kit

This Kit is a “one-stop” multi-media PowerPoint™ presentation which takes you through each chapter of *The Comfort of Home*™ for **Alzheimer's Disease** for a complete caregiver training program.

Part One - Getting Ready

1. Understanding Alzheimer's Disease
2. Preparing the Home
3. Hiring and Paying for Care
4. Financial, Legal, and Medical Planning
5. Health Care for the Person with Alzheimer's Disease

Part Two - Day by Day Living with Alzheimer's Disease

6. Setting Up a Plan for Day-to-Day Activities

7. How to Avoid Caregiver Burnout
8. Understanding and Improving Communication
9. Activities of Daily Living
10. Understanding Behavior in Alzheimer's Disease
11. Moving, Transfers and Falls
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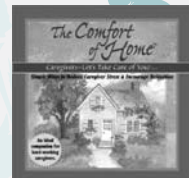
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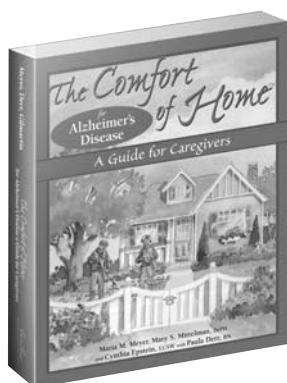
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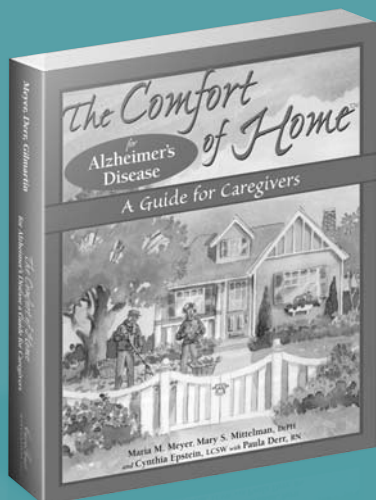
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