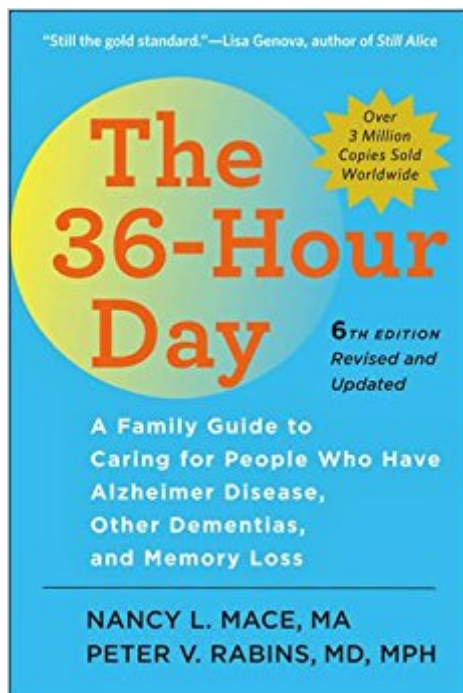


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# The 36-Hour Day, Sixth Edition: The 36-Hour Day: A Family Guide To Caring For People Who Have Alzheimer Disease, Other Dementias, And Memory Loss (A Johns Hopkins Press Health Book)



## Synopsis

Through five editions, *The 36-Hour Day* has been an essential resource for families who love and care for people with Alzheimer disease. Whether a person has Alzheimer disease or another form of dementia, he or she will face a host of problems. *The 36-Hour Day* will help family members and caregivers address these challenges and simultaneously cope with their own emotions and needs. Featuring useful takeaway messages and informed by recent research into the causes of and the search for therapies to prevent or cure dementia, this edition includes new information on:

- devices to make life simpler and safer for people who have dementia
- strategies for delaying behavioral and neuropsychiatric symptoms
- changes in Medicare and other health care insurance laws
- palliative care, hospice care, durable power of attorney, and guardianship
- dementia due to traumatic brain injury
- choosing a residential care facility
- support groups for caregivers, friends, and family members

The central idea underlying the book—that much can be done to improve the lives of people with dementia and of those caring for them—remains the same. *The 36-Hour Day* is the definitive dementia care guide.

## Book Information

Series: A Johns Hopkins Press Health Book

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## Customer Reviews

"We yearn for the day when there is no Alzheimer's, no Alzheimer patients, and no Alzheimer caregivers. Until then, there is *The 36-Hour Day*." (Jeffrey Cummings, MD, ScD,

Director, Cleveland Clinic Lou Ruvo Center for Brain Health)"Having lived the chapter and verse of The 36-Hour Day for twenty years, I know how this book empowers families with constructive and compassionate advice. This new edition offers definitive testament to the slow destructive force of Alzheimer's disease and how it challenges families caring for loved ones with dementia. It is a must read by all those who serve our aging generation." (Meryl Comer, author of *Slow Dancing with a Stranger: Lost and Found in the Age of Alzheimer's*)"Thorough and compassionate, offering accessible information and practical advice, The 36-Hour Day is a necessary resource for families living with dementia. Still the gold standard, this book is the trusted reference that families turn to first and over and over for guidance and support in caring for someone with Alzheimer's disease." (Lisa Genova, author of *Still Alice*)"From its knowing title to its knows-everything contents, The 36-Hour Day "gets" what you're going through. This encyclopedia of dementia care misses no aspect of life affected, from tough behaviors to challenged relationships to medication decisions -- describing each with both the honesty and compassion we caregivers deeply need." (Paula Spencer Scott, author of *Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers*)

"An excellent book for families who are caring for persons with dementia... A book that physicians can confidently recommend to the families of their patients." (Journal of the American Medical Association)"Excellent guidance and clear information of a kind that the family needs... The authors offer the realistic advice that sometimes it is better to concede the patient's frailties than to try to do something about them, and that a compassionate sense of humor often helps." (New York Times)"Both a guide and a legend." (Chicago Tribune)"An admirably realistic guide to caring for people with Alzheimer's." (New York Review of Books)"The best guide of its kind." (Chicago Sun-Times)"An excellent, practical manual for families and professionals involved in the care of persons with progressive illnesses... The book is specific and thought-provoking, and it will be helpful to anyone even remotely involved with an 'impaired' person... Highly recommended, especially for public and nursing libraries." (Library Journal)"Continues to be the 'bible' of recommendation for any caregiver whose family member suffers from dementia." (Bookwatch)"Recommended to all caregivers and families of persons with dementia as an indispensable source of valuable information on a very wide range of topics." (Case Management Journals)"An excellent guide with general information for family caregivers of persons with dementia... The text is person focused and describes the complexity and depth of the care required not only for persons with Alzheimer's disease and other forms of dementia but also for caregivers."

(Activities, Adaptation and Aging)

very helpful in working through this time with my family. The good provides insight and helps you navigate the path a head

Anyone needing guidance while struggling to understand someone going through Alzheimer's or dementia should read this book! I highly recommend it.

A great reference book for anyone dealing with Alzheimer's.

Very helpful book on helping those of us with little experience with Alzheimer's, understand how to deal with our loved ones who are afflicted with it. I highly recommend this book to anyone who has a family member or close friend with Alzheimer's.

Although I have not completely read the book, I have found it very useful in understanding certain situations. I care for someone with alzheimers and everyday brings something new. Imhave used this book to look up the symptoms and the explanation.

Valuable resource book...for dealing with loved ones with Alzheimers/Dementia.

Lots of information that is really common sense. Most the recommendations are "talk to your doctor" which is a no brainer.

The book provides a good insight on "failing" memories and ways to deal with the situation.

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Johns Hopkins Patients' Guide To Lymphoma (Johns Hopkins Medicine)  
The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book)  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
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