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I Love You Who Are You? Loving and Caring for a Parent with Alzheimer's

Patti Kerr

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I Love You Who Are You? Loving and Caring for a Parent with Alzheimer's Patti Kerr
An essential book for anyone who is - or may one day - care for a loved one with Alzheimer's disease. The book contains practical and compassionate advice to guide any caregiver from diagnosis to the end of their journey. The author, whose mother and grandmother had Alzheimer's, interviewed over 100 caregivers (sons, daughter, grandchildren and professionals) in order that she could write "the book I wish I had while I was caring for my mother". The book includes: the first steps every caregiver should take; how to address specific/difficult behaviors; talking with children, grandchildren and teens about Alzheimer's; how to care for your parent, the caregiver and yourself; finding joy in your journey. Caregivers also shared what they did right, what they would have done differently, what they wish someone had told them about Alzheimer's, and what they want others to know about loving and caring for a parent with Alzheimer's.

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