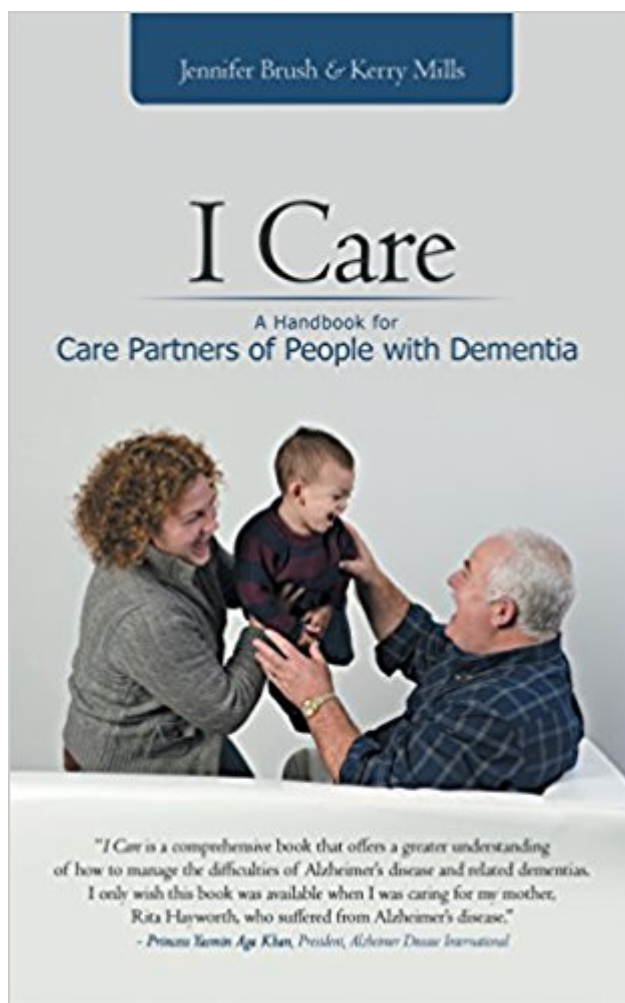


The book was found

# I Care: A Handbook For Care Partners Of People With Dementia



## Synopsis

I Care is a gold medal winner in the 23rd annual National Mature Media Awards Program. This award winning book will both inspire and educate care partners of people with Alzheimer's disease and related dementias to make the most of each day! Care partners will see their loved one as a whole person with strengths and abilities, which will promote greater independence and self-sufficiency for the person with dementia. I Care covers: Minimizing the care partner's fears, frustrations, and stress Managing changes in communication, memory loss and behavior using best care techniques Making the home safe and supportive Understanding changes in brain function Addressing financial and legal issues And much more.... "I Care is just what the health care community has been waiting for to fill the void for people caring for a loved one with Alzheimer's or a related dementia." Dr Stephen Jones, Specialty Geriatric Medicine Greenwich Hospital, Greenwich, CT "It's exciting that a book is now available specifically to help caregivers navigate the difficulties encountered in caring for someone suffering with cognitive impairments. I Care provides a sense of real hope that quality of life issues will not necessarily diminish when effective care management principles are adopted." Marc Wortmann, Executive Director Alzheimer's Disease International

## Book Information

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## Customer Reviews

"Dementia is a growing problem in the US. Family members provide most of the care for these patients in their homes. Jennifer Brush and Kerry Mills have done a great job in providing a thorough and most comprehensive review of the issues in an easy to read and practical guide for

the caregivers. I Care also presents a new concept - Care Partner, involving the patient as a partner in his/her own care." "I Care is a must read for any family caring for a patient with dementia." P. Lal Arora, MD, FRCPC Medical Director, Kendal at Home and Kendal Senior Independence, Oberlin, Ohio

• "By shifting the perspective from caregiving to care partnering, this book offers an important reminder that there remain many capabilities that need to be recognized, maximized, and respected in persons with dementias.

• This enlightened view not only benefits persons with dementias, but has the potential to offer a more meaningful and less stressful experience for their care partners." Charlotte Eliopoulos RN, MPH, PhD, Executive Director, American Association for Long Term Care Nursing

"I Care helps us bridge the gap between our medical understanding and the practical aspects facing caregivers of loved ones with dementia. The authors present a very accessible, understandable combination of scientific background, personal stories and practical strategies. I wish this book was available years ago. I could have been a better care partner for my grandmother and my mother-in-law. " Robert C. McKinstry, MD, PhD, Professor of Radiology Washington University School of Medicine, St. Louis, MO

• "I Care is a comprehensive book that offers a greater understanding of how to manage the difficulties of Alzheimer's disease and related dementias. I only wish this book was available when I was caring for my mother, Rita Hayworth, who suffered from Alzheimer's disease." Princess Yasmin Aga Khan, President, Alzheimer's Disease International

Reading this book is a good first step in getting the help and support we all need to face the challenges of dementia.

• Because of the physiological changes in the brain that cause symptoms of dementia, we are incapable of changing the person with dementia,

• but we can however, help the person succeed, function independently, and live a full life. We can do this through changing our own behaviors and by changing how we view our role in the relationship with a loved one who has dementia.

• This will bring about substantial change in our journey through this disease process.

• When someone helps care for someone else, we call him or her a caregiver.

• This is a natural title and one we all understand; however, when we use this title to identify a person who provides care to a person with dementia, we are missing an important part of the relationship as this "title" infers that there is nothing left for the person with dementia to contribute.

• By referring to "care partners," we are recognizing their contribution as partners.

• With whom are they partners?

• They are partners with the person who has dementia.

• This means that they are not only giving, but also receiving; the same as the person with dementia.

• This is the first step to changing your perspective.

• This also means you, the

care partner, need to prepare yourself to receive as well. Although Alzheimer's disease and other forms of dementia present daily challenges, this book will help you focus on the joys of what still is, rather than what is not. I Care will guide you through the steps to a fulfilling, loving and nurturing relationship while helping you to minimize the depression and stress that is often felt by care partners.

This book serves to bring peace and comfort and resources to those who are caring for someone with dementia. It describes in depth the different areas of the brain that cause different types of the disease, the dysfunction of the lobes that cause the illness, and what to anticipate as your loved one progresses into a downward spiral. There are helpful suggestions on medication usage in concert with your physician, assisted living, hospice care, and other resources one can avail themselves of. It also deals with certain emotions that caregivers feel, like guilt, and making time for yourself. However, it is my opinion, that the authors could have touched more on the subject of patience. While they do enumerate many resources available, some of them cost money that families do not have, leaving the partner to be the ONLY caregiver, a very stressful job indeed! Many go on a sliding scale, wherein one can obtain these services if one has no money, but if you are middle class, you are really out of luck. And family and friends, can they really be relied upon? What if you have a family that does not speak to you and are a new resident in a community? What if the people around you find dementia "unpleasant"? While the resources in the back are comprehensive not all are free. It is difficult to assume a stance of patience when you are the one and only caregiver in the home; it is the most isolating job in the world. Sure, we should all get out, but what if you have been told do not leave the patient alone? More, in my opinion, could have been touched upon relative to the "patience" factor, especially if you are in a situation where no one is around and/or in a new community. Other than that, this book does contain a lot of useful information.

If you are caring for a loved one with dementia, and are limited on time, this short book will be a very helpful resource for you. It covers all the major areas you need to consider when helping. It is an easy read, and gets right to the point. As I cared for my husband for nine years, our experiences confirmed the great advice given here. The authors approach care giving as "partnering" so that both the care giver and the loved one are fulfilled. Giving and receiving, learning and helping together. They use testimonials throughout to enhance the principles, from "care partners" they know. One of their key principles is to accept the way things are so that you can have a meaningful experience

together. I heartily agreeThe super helpful appendix section contains safety checklists, interview questions for potential care givers, behavioral log chart, and much more. If you can only read one book on this topic, this is the one you need to read.Laurie Price[www.colorsbylaurie.com](http://www.colorsbylaurie.com)

Being a caregiver I can agree with the statement that with knowledge comes power. Reading has been beneficial to me, so, when I was advised of "I Care" by Jennifer Brush and Kerry Mills it was high on my list to add to my library, hopefully empowering my knowledge and skills. The book is excellent for a short read, definitely a handbook, but one still not lacking an abundance of information on Alzheimer's and dementia. "I Care's" chapter 2, Describing the Brain with Dementia, is an excellent synopsis of dementia and Alzheimer's that's easy to comprehend and understand. This chapter alone is worthy of repetitious reading to aid in the understanding of the changes you witness while on this journey with a loved one. Chapter 7, Taking Care of Yourself, must be mentioned as well, we need to be reminded to take care of ourselves and this chapter strives the importance of it. This is a reasonably priced handbook and an easy read.

This little book is a powerful source for family members' dealing with a love one with Alzheimer's. It helps one to understand the deficits related to Alzheimer's disease and the effects on the person with memory loss as well as the family. The information given in "The Brain 101" gives a clear explanation of how the brain functions in laymen's terms. The word "partnering" expresses what is needed for the love one and the family. Actual experiences in the book has given a practical applications of how some people have related with the person living with Alzheimer's. I personally have seen the benefits of what is written in this book as well as the changes that are taking place with our elders and staff in our nursing home. Kudos goes to Kerry Mills and Jennifer Bush for sharing their knowledge and experience with all who have this need.

I am not a care giver to someone with dementia but I encounter plenty of people with dementia and this information was invaluable in learning how to best interact. If you are a care partner then this info is essential!This book is not just informative, it is also very practical. - You want to know how to make your home safe - How to deal with memory loss and repetitive questions - How to treat them with respect and build upIf you live with a loved one with dementia and get frustrated easily - get this book!

For those caring for a relative or friend with Alzheimer's Disease or dementia, this book is

indispensable. It provides the most clear, concise and helpful advice out there for how to retain the warmth of your connection with your loved one, and for helping them with kindness and patience and even the good humor they can always appreciate. The authors explain all of the physical and psychological manifestations of dementia. They share a wealth of experience and knowledge without wasting your time. After reading this book, you may comprehend your road ahead better and sense that your journey is actually manageable.

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I Care: A Handbook for Care Partners of People with Dementia The Dementia Handbook: How to Provide Dementia Care at Home A Loving Approach to Dementia Care: Making Meaningful Connections with the Person Who Has Alzheimer's Disease or Other Dementia or Memory Loss (A 36-Hour Day Book) Thoughtful Dementia Care: Understanding the Dementia Experience CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Dementia with Lewy Bodies and Parkinson's Disease Dementia: Patient, Family, and Clinician Working Together for Better Outcomes Finding Grace in the Face of Dementia: "Experiencing Dementia--Honoring God" A Dignified Life: The Best Friends's Approach to Alzheimer's Care: A Guide for Care Partners Reducing Stress-related Behaviours in People with Dementia: Care-based Therapy The End-of-Life Namaste Care Program for People with Dementia Love, Always: Partners of Trans People on Intimacy, Challenge and Resilience Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Elder Care Handbook - Dementia/Alzheimer's - My Story The Wise Relationship Adviser - How to Solve Problems between Partners in Your Everyday Life: Multipurpose Handbook of Relationship Improvement Ways Forget Memory: Creating Better Lives for People with Dementia (Paperback) Forget Memory: Creating Better Lives for People with Dementia Memory and Communication Aids for People with Dementia Person-Centred Counselling for People with Dementia: Making Sense of Self Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females)

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