



Surviving Alzheimer's: Practical tips and soul-saving wisdom for caregivers

Paula Spencer Scott

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What every family member of a loved one with dementia needs to know: How to help without sacrificing YOU. In *Surviving Alzheimer's* you'll find: * The best, most current thinking on how to enhance quality of life and safety while minimizing stress on everyone involved. * The "Why This, Try This" approach to understanding what's behind odd, frustrating behaviors -- and what you can do about them. * How to defuse resentment, guilt, anger, and family friction. * Lifesaving insights from a team of top dementia-care experts from geriatrics, psychiatry, social work, law, dementia therapy, and caregiver advocacy. * Stories and ideas from real families. * A fast, scannable format, unlike any other Alzheimer's guide, perfect for the short-on-time caregiver. Advance praise: "Regular doses of Paula Spencer Scott's supportive and instructive wisdom should be prescribed to every family member dealing with Alzheimer's. Her why-this, try-this approach is a winner." -- Lisa P. Gwyther, MSW, LCSW, associate professor, Duke University School of Medicine, director of the Duke Family Support Program, and co-author, *The Alzheimer's Action Plan* "Insightful and practical guidance for the millions of caregivers struggling to help their loved ones suffering from dementia." -- Gary Small, MD, director of the UCLA Longevity Center and co-author, *The Alzheimer's Prevention Program* "Fantastic!" -- Leeza Gibbons, television personality and founder, Leeza Gibbons Memory Foundation

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