

The Journey of Aging

Living & Coping as an Alzheimer's Caregiver

You are the caregiver for someone with Alzheimer's Disease. You are doing your best to deal with the changes your friend, neighbor or loved one is going through.

Like everyone who deals with this disease, you have ups and downs. There are days you need support to keep going. There are questions that need to be answered about changing behavior or planning for the future.

In this issue of **The Journey of Aging**, we are focusing on the Alzheimer's caregiver and the resources available in the community, through books & articles and online.

If you have aging issues or topics for the future, please contact us at: info@yourcarepath.com.



Questions You May Have

- *Where can I turn for support?*
- *What can I do for me?*
- *What can I expect in the future?*
- *What do I need to tell the Dr.*
- *What about caregivers?*
- *Should I consider placement?*

CarePath Senior Solutions LLC is a Geriatric Care Management business that can support your family in organizing and managing the care of an elder parent or family member. Our professional and caring Geriatric Care Managers use their experience and knowledge of community resources to help you create an individualized plan that meets your family's needs.

RESOURCES

Support Groups and Training

Alzheimer's/Dementia Connection , Lake Havasu City
928-453-8190 (Library/HBO videos/Phone support also)

Caregiver Support Group, Bullhead City
928-763-0282

Alzheimer's Association Desert Southwest, CarePRO
class Kingman 928-377-4694

Alzheimer's Caregiver Support Group, Kingman
928-692-4640

Book & Brochures on Aging and Dementia

The 36 Hour Day by Nancy Mace and Peter Rabins

My Mother, Your Mother: Embracing "Slow Medicine"
By Dennis M. McCollough

The Hedge People Louise M. Carey

Learning to Speak Alzheimer's by JoAnne Koenig Coste

The Alzheimer's Action Plan by P. Murali Doraiswamy,
MD

Online Resources

The National Institute on Aging
<http://www.nia.nih.gov/> (free publications)

The Alzheimer's Association www.alz.org
(research, support, brochures and virtual library)

The Alzheimer's Foundation of America www.alzfdn.org
(free social work consults and *Advantage* magazine)

Family Caregiver Alliance www.caregiver.org

Caring.com www.caring.com

Alzheimer's Reading Room Blog
www.Alzheimersreadingroom.com

HBO The Alzheimer's Project
<http://www.hbo.com/alzheimers/the-films.html>



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