

# **Coach Broyles' Playbook for Alzheimer's Caregivers**

**By Frank Broyles**

Frank Broyles is a former American football player and coach, athletics administrator, and broadcaster. He served as the head football coach at the University of Missouri in 1957 and at the University of Arkansas from 1958 to 1976. Broyles also was Arkansas' athletic director from 1974 until his retirement on December 31, 2007. His wife, Barbara, was diagnosed with Alzheimer's disease and he wrote this book after caring for her to help others going through this disease.

He approaches Alzheimer's disease much like he would an opponent on the field and has organized the information a lot like a coach's playbook. It is divided up into 3 sections – Early Stage, Middle Stage and Late Stage. For each stage, he has divided it into the Pre-Game Planning, Coaches and Special Teams, Playing Offense, Playing Defense and The Training Table.

For the Pre-Game Planning, he discusses the information that you need to know for each stage. In the Coaches and Special Teams section, he discusses issues like finding the right doctor (early stage), talking with your support group – whether it be family members, adult day care centers, etc. (middle stage) and finding In-Home Care and/or long-term care options (late stage).

Playing Offense for each stage is about issues that a caregiver/family needs to think about during that stage. For example, in the early stage, legal documents need to be updated for the person living with dementia. One constant in the Playing Offense section in each stage is taking care of yourself as the caregiver.

Playing Defense is about being prepared for certain behaviors that are common in Alzheimer's disease (early stage), looking for the danger spots in your home (middle stage), and keeping the person with Alzheimer's safe and comfortable (late stage).

In the Training Table section of each chapter, he discusses the eating challenges and what to expect during each stage. Some of the issues are making sure they eat (early stage), not being able to handle eating utensils (middle stage) and

problems with chewing and swallowing (late stage).

There is, also, included a pocket reference of Tips and Strategies that is handy for a quick reference when a behavior or situation arises.

All this information can be found in most books about caregiving, but in this format, it may be a little easier to read and digest. Check it out!!

This book is available at the Effingham Public Library from the Forget-Me-Not Resource Center. If you do not have a library card, they can be checked out under Effingham Area Alzheimer's Awareness.

*Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer's Awareness*