

Forget-Me-Not Spotlight

Living Your Best with Early-Stage Alzheimer's

By Lisa Snyder, MSW, LCSW

A review by Shannon Nosbisch, C.D.P., co-founder of Effingham Area Alzheimer's Awareness

A lot of the books in the Forget-Me-Not Resource Center are written for families, caregivers and friends of people living with dementia. This book by Lisa Snyder was written primarily for the person that has been diagnosed with Alzheimer's disease or related dementia. *Living Your Best With Early-Stage Alzheimer's* is a guide for people in the early stage who are living day to day with the experience of memory loss and other challenging changes. Snyder wants people to know that there are creative and constructive ways to manage early-stage Alzheimer's. This book also serves as a guide for family members, friends, or professionals who want to learn how to be of help to the person living with dementia and the caregiver so they can better meet any challenges together.

Living Your Best With Early-Stage Alzheimer's is organized into seven parts with 30 short chapters, each addressing a specific issue. You can pick and choose whatever chapter can give you the information you need. Some of the topics include Understanding Your Reactions to the Diagnosis, Talking with Others about Alzheimer's, The Unique Concerns of Young-Onset Alzheimer's Families, Making Decisions about Driving, Learning to Accept Help When You Need It, Maintaining Hope and a Sense of Humor, Creating and Communicating with Your Healthcare Team, and Complementary and Alternative Therapies plus many, many more. At the end of each chapter, there are discussion questions for families to start a conversation about different aspects of issues they may be having. There are also suggestions relevant to each chapter topic that offer constructive advice or practical steps to take.

This book is filled with direct quotes from people living with Alzheimer's who helped guide the content. Lisa Snyder has assisted thousands of individuals in the early-stage of Alzheimer's and their families through early-stage support groups,

counseling, an international early-stage newsletter, and daily phone and email conversations.

Lisa Snyder's primary objective of this book is to help ease the fear and isolation that accompanies an Alzheimer's or other dementia diagnosis by providing open discussion and problem solving about sensitive yet common concerns. This is a great book for the person that has just had a diagnosis and their family to develop tools to live your best with Alzheimer's.

This resource is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.