

Forget-Me-Not Spotlight

The 36-Hour Day

A Family Guide to Caring for People Who Have Alzheimer Disease,
Related Dementias and Memory Loss, 5th Edition

By Nancy L. Mace, M.A. and Peter V. Rabins, M.D., M.P.H.

The 36-Hour Day is often referred to as the dementia caregiver's "bible". This book covers almost everything a person needs to know about Alzheimer's disease and other dementias, caring for a person living with Alzheimer's disease, financial and legal matters, long-term care facilities and caring for yourself as you care for others. Originally published in 1981, *The 36-Hour Day* was the first book of its kind. Thirty years later, with dozens of other books on the market, it remains the definitive guide for people caring for someone with dementia. It has been updated and features thoroughly revised chapters on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option.

The 19 chapters start with a definition of dementia and getting a diagnosis, go through behavior problems, medical problems, getting outside help, how dementia affects you as caregiver and how it affects the family in general. There are chapters about financial and legal issues, preventing or delaying cognitive decline and research in dementia.

In the Forward, Paul R. McHugh, M.D. states "This book has successfully enhanced the mediations of family and friends by identifying and resolving problems that emerge at various points of transition in the course of this illness. ...The authors and readers have demonstrated just how much more of life – abiding friendship, shared experiences, daily encounters, trusting relations-remains to be enjoyed by patient and family alike despite this illness and its tribulations."

At the beginning of the first chapter, Mary knows that her memory was slipping. The authors tell the story of her journey through Alzheimer's disease in a few pages – how she feels, what she thinks, how she reacts to different situations,

why she behaves the way she does, etc. It is interesting to be in the mind of someone living with dementia and it helps us better understand why they act the way they do and what we can do to ease the confusion and turmoil.

There is so much useful information in this book, you will want to own a copy.

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

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