

## **FORGET-ME-NOT SPOTLIGHT**

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

### **Alzheimer's Early Stages**

#### **First Steps for Family, Friends and Caregivers**

**By Daniel Kuhn, MSW**

Alzheimer's Early Stages is a book written for the family or person who thinks there may be something going on or not "quite right" with a loved one or themselves. Or, for the family or person who has just had a diagnosis of Alzheimer's disease. Daniel Kuhn discusses what needs to be done in the early stages to make the progression less stressful for everyone and gives them a blueprint of what needs to be done or thought about and how to help the person living with Alzheimer's disease.

"The beginning of Alzheimer's is a critical time to develop a philosophy of care and ways of coping that will promote a good quality of life both for the person with the disease and for his or her family and friends." Educating yourself on what Alzheimer's is, how to be a caregiver, how to care for yourself is so very important. Knowledge is power with Alzheimer's, but learning to accept a new lifestyle, adapting to new routines and remaining flexible and optimistic are important to empower you and others to provide the best possible care.

This book is divided into 3 parts.

Part I – What is Alzheimer's disease? In this section Kuhn discusses several topics including the need for a diagnosis, symptoms, treatment, and a good quality of life living with Alzheimer's disease.

Part II – Giving Care. Topics covered include a section on what it is like to have Alzheimer's disease, how relationships and roles change, practical decisions that may need to be made, improving communication, planning for the future and ways to keep a person with Alzheimer's active.

Part III – Caring for Yourself. This section includes advice for families and caregivers on caring for yourself so you can care for your loved one. Attitude, dealing with grief, counseling and spiritual resources, support groups, sense of humor, and, especially, obtaining the help you may need are all covered here. Throughout the book, Daniel Kuhn has included paragraphs written by people living with Alzheimer's disease and caregivers, giving their insight into the early stages of Alzheimer's disease. This book is a great resource for beginning to understand Alzheimer's disease and how it will affect families, friends and caregivers.

*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.*



