

**Loving Someone Who Has Dementia:
How to Find Hope While Coping with Stress and Grief
By Pauline Boss, PhD**

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

Husband/wife, parent/child. These relationships are the most important ones we have. When a loved one has dementia, these relationship roles change. Most of the time, we don't know or understand what our role is or should be. This is what Pauline Boss discusses in this book – how caregiver's relationships are ambiguous – meaning that their relationships are unclear or have several meanings.

This book is all about the caregiver – anyone who cares for - or cares about – someone living with dementia. It is for the hands-on caregiver as well as the long-distance caregiver. Friends, relatives and others may want to read it to understand what the caregiver is feeling and how they can help.

The nine chapters can be read individually, but have a related theme. Topics covered include loss and grief, coping and resiliency, family (biological and psychological), family rituals and celebrations, being “good-enough” (not trying to be perfect).

Chapter 7 has seven guidelines Dr. Boss hopes caregivers will reflect on to take care of themselves, help with the stress, and be more accepting of their new relationship. If the caregiver is relaxed, the person they are caring for will be less distressed and will have less behavior issues.

At the end of each chapter, are ideas for reflection and discussion. These can be for the caregiver only, or would be great in a group setting (especially a support group).

This book “provides a new way to help you find meaning and hope in your relationship with someone you love who has dementia. The goal is to help you increase your resiliency – your ability to withstand and grow even stronger...”

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.

