

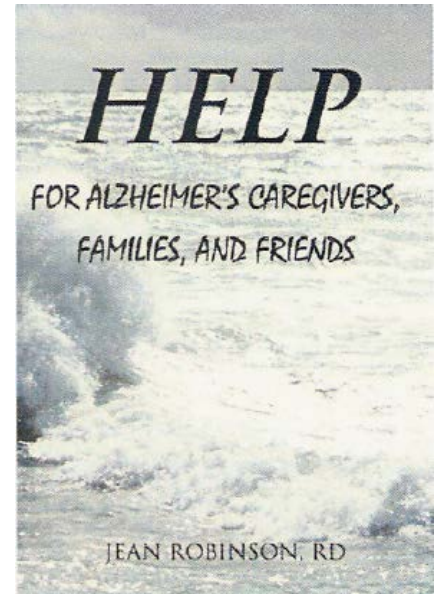
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Help for Alzheimer's Caregivers, Families and Friends

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- ~ Alzheimer's warning signs, evaluations and treatments
- ~ What to do if you have Alzheimer's disease
- ~ Help in caring for a loved one that has Alzheimer's
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- ~ Home safety tips
- ~ Personal care information
- ~ Challenging behavior coping suggestions
- ~ Activities ideas
- ~ Physical activity/exercises agendas
- ~ Helpers sources, communication
- ~ Medication for Alzheimer's
- ~ Legal and financial information
- ~ Researcher's recommendations for protecting your memory and brain
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You will learn what is likely to happen and why, and what will help you to cope and make Alzheimer's care a bit easier, better and less stressful.



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Before becoming an Alzheimer's caregiver for her husband and mother, the author was a dietitian with Stouffer's, the Kraft Kitchens and Director, Dietetics for Canteen Corporation.

