

Topic Guide

Preface.....	<i>ix</i>
Introduction.....	<i>xi</i>
1 The Early Warning Signs	1
2 The Early Years Of Alzheimer's.....	7
a) Early Diagnosis	7
b) Treatment	9
c) First Lifestyle Changes	10
3 The Ongoing Progression.....	13
a) A Few More Changes	13
b) How Much Is Too Much?	14
c) When It's Gone Too Far	15
4 When They Can't Live At Home Any Longer	19
a) Proactive Or Emergency?	20
b) The Terrible <i>Too's</i>	20
c) Mirror, Mirror On The Wall	21
d) Reality TV	22
e) Do You Have The Legal Authority?	22
f) Selecting A Facility	24
g) Helping Your Loved One Settle In.....	25
h) Augmenting Facility Care.....	28
i) Managing Medications in the Facility.....	30
5 Interacting With Your Loved One As The	
Alzheimer's Progresses	33
a) Redefining Your Relationship	33
b) Recreating Activities	34
c) Memory vs. Enjoyment	38

d) White Lies	39
e) Dolls, Flex Straws, And Mittens	41
f) They Often Understand More Than They Can Express	45
g) And Sometimes They Don't.....	47
h) No Credit, Just Love	47
i) It's OKAY To Laugh	50
j) Love And Enjoy Them As They Are	50
6 Eating and Food Changes.....	53
a) Food Changes	53
b) Adaptive Utensils	54
c) Pureed Foods	55
7 Medical and Legal Issues.....	59
a) Health Care Proxy, Power of Attorney, And Activation	59
b) Social Security Representative Payee	62
c) DNRs And Advanced Directives (<i>Making The Tough Decisions</i>).....	63
8 Interacting With The Facility	71
9 When And How The End Comes.....	75
a) The Last Days and Your Loved One	76
b) The Last Days and You	79
10 Grieving	81
Epilogue: <i>Caring for the Caregiver</i>.....	85