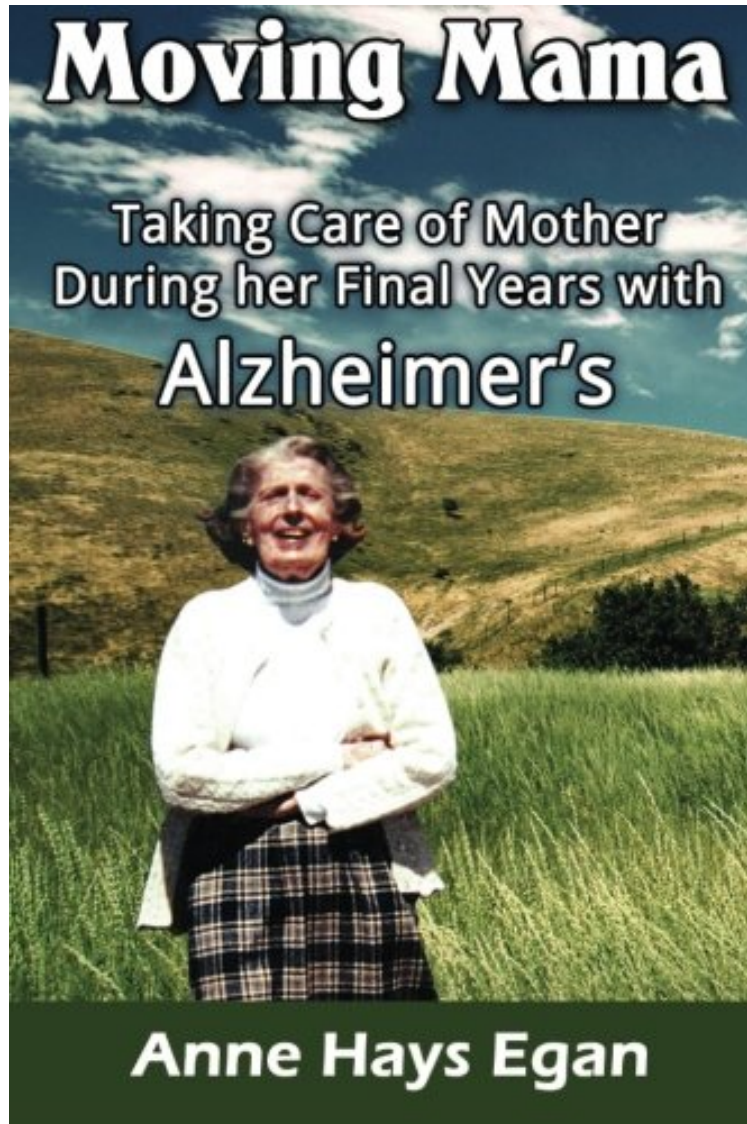


(Download free pdf) Moving Mama: Taking Care of Mother During Her Final Years With Alzheimer's

Moving Mama: Taking Care of Mother During Her Final Years With Alzheimer's

Anne Hays Egan

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Anne Hays Egan : Moving Mama: Taking Care of Mother During Her Final Years With Alzheimer's before purchasing it in order to gage whether or not it would be worth my time, and all praised Moving Mama: Taking Care of Mother During Her Final Years With Alzheimer's:

5 of 5 people found the following review helpful. TouchingBy Frankie JohnnieA few years ago, I heard an author say that writers should share their stories because it can help you to heal and it might help others to heal. In writing this

touching story Egan recounts the trials and tribulations she and her siblings encountered as they watched their mother change from a beautiful, feisty southern belle, and a gifted piano player with a love of music and people - change into a frail, defensive shell of her former self. This book reminds us that life is precious and that the dash between our birth and death year speaks to how we lived our life and treated the ones we love. The book also has light-hearted moments. I laughed so hard that I cried after reading the Friskies story. If you are currently dealing with a loved one who is ill this book will lead you on a journey of understanding and coping. It also includes great tips and resources on where you can turn for help. Happy Healing. p.s. 5 of 5 people found the following review helpful. Effective and Real By Let's Read Charles The wry tone that Anne Hays Egan uses in this book was very effective in that it didn't encourage pity, sentimentality, and other overused ideas of the aging process. Moving Mama helped me in that way because it spoke directly. Things I read in Moving Mama: Taking Care of Mother During Her Final Years with Alzheimer's, were real events, real struggles, and real decisions that were having to be made with me and my own mother. Moving Mama continues to help me, as I often find myself going back to a certain part of the book and reminding myself of how to get through an ordeal. Moving Mama should be read by anyone, especially those in their middle ages as it can truly save you a decade of pain and hardship! Anne Hays Egan reminds us that these are our loved ones, after all. 1 of 1 people found the following review helpful. Hopeful and Honest Account Offering Resources and Support for Caregivers and Family By Alex Prosper A rare memoir that bares all with an authentic voice about the last years of one mother's life, her adult children facing their roles as caregivers and also serves as an education primer about one of the hardest, saddest tasks: helping an elder through the declines of dementia. The author shares with readers the life of her mother, Lorene, whose interesting upbringing and life led her to an independent life as a music teacher after her husband passed, but then her children began noticing signs of slippage. The stories center on her, but also on how her children managed all of the tough decisions and tasks of helping take over her care, from financial to health to daily tasks. The vignettes are as moving as they are instructional, and so many resonated with me. You don't think about how hard air travel between siblings will be until you need to transport an elder so that a family can share the supportive work, or how hard it is to intervene in the finances of a stubborn, private survivor of the Depression who doesn't want to have a housekeeper, thank you very much. By the end, readers have fallen for Lorene's special charms and join the family in mourning her loss--all by the way of beautiful storytelling, and by the way the author highlighted this experience in a way that made it easy to read and relate to. Anne Hays Egan's strategies for what worked for her family and suggestions about how to think about the situation of caregiving are compassionate, deep-hearted, clever and so helpful. How do you convince your proud mother to wear adult diapers, for instance? I love how Anne managed this one, and her story made me feel so much less alone in some of the conversations and undignified situations I was in with my step-father undergoing a similar decline. Her solutions, good humor, and honest admissions make these stories so very human and so very supportive. Caregiving is lonely and isolating, especially when you are in the uphill battle against memory loss, and Moving Mama can be like having an understanding friend in your Kindle reader or pocket. She supplements the memoir chapters with descriptions of formal resources. Truly what offered me the most comfort, though, was knowing her anecdotes and stories are there to show how one family managed their way through this which will be of solace and inspiration to countless families and individuals in similar caregiving situations because of Alzheimer's, dementia or other concerns of aging parents.

Moving Mama is a practical resource for people caring for a loved one with Alzheimer's disease. The book tells about our family's experiences caring for our mother as she struggled with dementia. Each chapter includes stories focused on a theme, and ends with tips, tools and resources to help you deal with similar issues. Written with a light touch and a wry sense of humor, readers have called the book: "engaging, moving and informative;" "a compelling story that touched me deeply and personally;" and "wonderful, very insightful, honest and helpful." Chapters deal with issues including helping your parent or other loved one deal with finances, will and powers of attorney; managing changes in behavior; dealing with increased need for support; changing nutritional needs; handling "Sundowner's Syndrome" and many other topics. Here are some recent testimonials from readers and reviewers: "At its core, this story speaks of hope - despite all of the challenges Alzheimers presents." John Whorton Egan "Wonderful, very insightful, honest and helpful." Virginia Hall Busch "As the provider in past years to both my own mother and mother-in-law, and as a candidate myself with cognitive impairment, I found the book extremely helpful and would highly recommend it both as a valuable guide, as well as a boost to self-confidence in battling this very disabling disease." Michael Shimkin "This is a page-turner!" Jane A. Welch "A compelling story that touched me deeply, and personally." Claire Gullahorn Meador "I love it that you tell the story, and how to help." Nancy Dahl "Almost finished reading, have to force myself to stop! You have a winner here!" Vivian Waters "You have mastered the art of storytelling." Martha Ritchie "In addition to her unparalleled knowledge of the nonprofit world, Anne has an uncanny ability to zero in on what's most important, to accomplish top-quality work. She is fueled by high energy, an overriding passion for social justice, and steadfast optimism." Ron Hale I hope you enjoy the book, and find it helpful, Anne Hays Egan, Author of Moving Mama

About the Author In addition to the personal experience that Anne had caring for her mother with Alzheimer's, she brings significant expertise as a consultant. She has worked extensively with community and regional health planning, service coordination and community needs assessments. She has helped organizations and communities develop effective services for families and older adults. She has helped agencies plan and build interagency service networks, policies and systems, and secure funding. Anne is also known as a researcher and writer in the field, and has published widely on topics related to community health, older adults, nonprofit organizations, public policy and nonprofits, and building effective programs and services. She was the publisher of *The Digest of Nonprofit Management*; contributing author to *Social Policy Aging*, Carroll L. Estes, ed.; and is an *EzineArticles* expert author. Anne lived in shared housing with Maggie Kuhn, the founder of the Gray Panthers, who was one of her models and mentors. She is a retired Presbyterian minister who loves to travel and play violin with the Santa Fe Community Orchestra and chamber groups. She provides information and resources through www.movingmama.net.