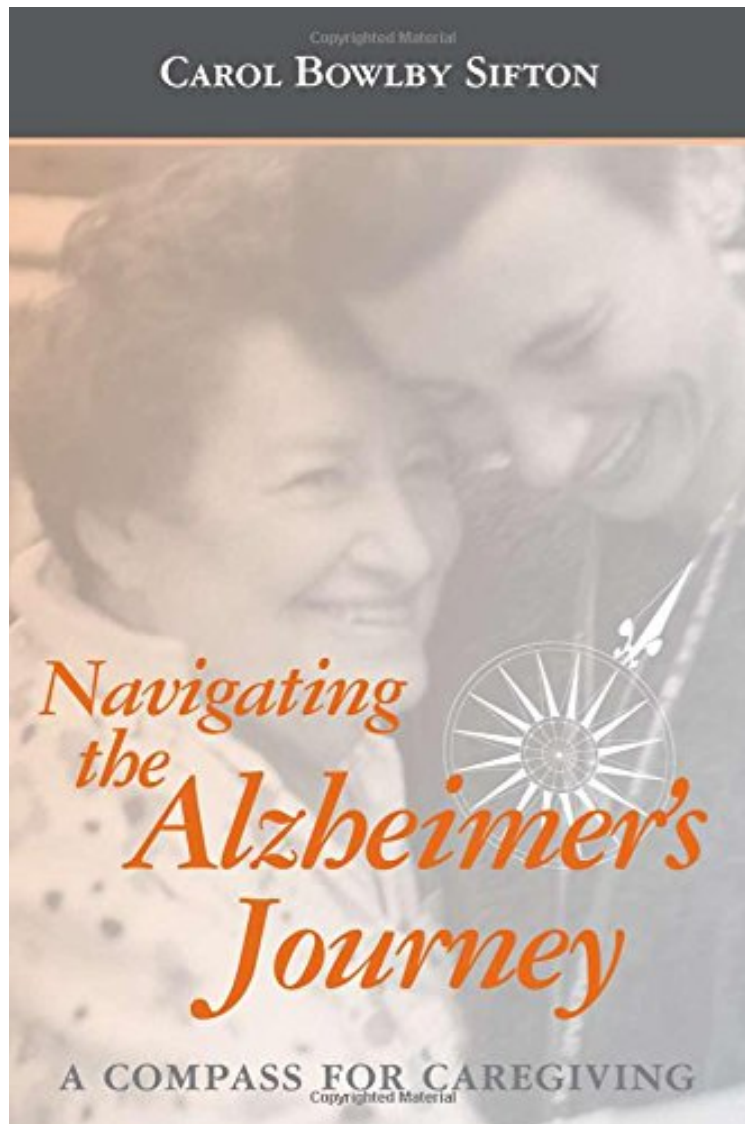


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Navigating the Alzheimer's Journey

Carol Bowlby Sifton BScOT ODH
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#897930 in Books AliMed 2004-07-15Original language:EnglishPDF # 1 9.07 x 1.41 x 5.96l, .50 #File Name: 1932529047652 pagesIndispensible guide for all caregiversOffers information on exercising remaining abilities of clients (or loved ones) with dementia using activity-focused care techniques | File size: 33.Mb

Carol Bowlby Sifton BScOT ODH : Navigating the Alzheimer's Journey before purchasing it in order to gage whether or not it would be worth my time, and all praised Navigating the Alzheimer's Journey:

0 of 0 people found the following review helpful. Five StarsBy CustomerGreat3 of 3 people found the following review helpful. Excellent Resource!By Jacqueline MarcellWow, Carol has written a fantastic resource, very comprehensive on caregiving and Alzheimer's Disease! I wish it had been available when I was navigating the

complicated maze of eldercare for my parents, both with the beginning of Alzheimer's, but I didn't know it yet. Knowledge is power-don't get caught unprepared. This book can save you a lot of time, money and a fortune in Kleenex. If you have aging loved ones who are having memory problems, or any odd behaviors that you find yourself questioning--here's your roadmap and compass!-Jacqueline Marcell, Author 'Elder Rage, or Take My Father... Please! How to Survive Caring for Aging Parents', International Speaker on Eldercare Alzheimer's3 of 3 people found the following review helpful. A complete, definitive, and thoroughly "user friendly" guideBy Midwest Book ReviewCarol Bowlby Sifton is the founder and editor of the journal "Alzheimer's Care Quarterly". In *Navigating The Alzheimer's Journey: A Compass For Caregiving*, she draws upon her many years of personal experience and professional expertise to provide caregivers for Alzheimer victims a complete, definitive, and thoroughly "user friendly" guide to caring for men and women in all degrees of Alzheimer's progressive deterioration. Readers will be expertly provided with information on how Alzheimer's disease and similar dementias affect a loved one; how to best communicate and interact with an Alzheimer's sufferer; how to manage activities of daily care; why challenging behaviors occur and how to respond to them; how to arrange the physical environment to best support everyday functioning; how to capitalize on remaining abilities; when and how to get help; and what plans to make for future care needs. If you have someone you love that is suffering from Alzheimer's, or caring for someone who is, and are carrying a personal responsibility for your own family member's struggle with Alzheimer, then give a careful reading to Carol Sifton's *Navigating The Alzheimer's Journey* -- it can improve the quality of the care you provide, while saving you from unnecessary physical and mental stress, and avoiding emotional burnout.

This practical, easy-to-read book is a guide for caregivers of people with Alzheimer's Disease and Related Dementias (ADRD). The author describes common examples of challenges in day-to-day care, provides guidelines for ways to respond to these challenges, and emphasizes making use of the continuing abilities of people with ADRD. The author explains a problem solving approach to enable caregivers to address unique situations. The suggested care techniques are activity-focused, making them both practical and applicable. The book also suggests ways in which the caregivers can take care of themselves and reduce caregiver stress. The last chapter provides guidance for the difficult process of planning future care, supporting the transition to long-term care, and suggestions for maintaining the caregiver relationship (e.g., guidelines for visiting in long-term care). Each chapter includes a summary of the key points. Large type makes the book pages easier to read and case examples add a personal tone. A busy caregiver can quickly find explanations and solutions to the issue of the moment.

"Sifton packs this manual with practical information to inform as well as nurture the overstressed caregiver sure to become a well-used reference book for many years to come." (Activities, Adaptation, and Aging 2001-01-01)"The knowledge and wisdom written here provides useful and sound advice for all who seek it." (Journal of Dementia Care 2001-01-01)"If there is an opportunity for enhancing the life of the Alzheimers patient, this book provides the method for so doing." (The Director 2001-01-01)"a complete, definitive, and thoroughly 'user-friendly' guide to caring for men and women in all degrees of Alzheimer's" (Midwest Book 2001-01-01)"This is an excellent resource for anyone caring for a loved one with Alzheimer's disease or anyone who wants to understand the caregiving experience. It is much more than a sourcebook or a how-to This book is the first that tries to provide a portrait of the 'total caregiving experience.' " (Lou Burgio, Ph.D., Director Center for Mental Health and Aging, University of Alabama 2001-01-01)This book offers both hope and practical suggestions for navigating one's way along a long and winding road. [It] is so rich with ideas and examples that it should not be read once, shelved and forgotten. It should be kept within easy reach for reference again and again. (Daniel Kuhn, MSW, Author of Alzheimer's Early Stages Mather LifeWays Institute on Aging 2001-01-01)Carol Bowlby Sifton is a visionary and practical genius when it comes to enhancing the lives of persons with Alzheimers disease and their caregivers. *Navigating the Alzheimers Journey* will appeal to the everyday caregiver who just wants to know what to do and how to do it. (Stephen G. Post, Ph.D., Professor, and author of *The Moral Challenge of Alzheimer's Disease* School of Medicine, Case Western Reserve University 2001-01-01)Alzheimers caregiving is a very rocky road. But with the compass Carol Bowlby Sifton provides, you will always have a strong sense of direction. Few people are as experienced in caregiving as she is. And fewer still write with the insight, wisdom, and grace she brings to this invaluable guide. (Michael Castleman, Co-Author *There's Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer's* 2001-01-01)About the AuthorCarol Bowlby Sifton, B.Sc.O.T., O.D.H., is a former family caregiver, an occupational therapist, a clinical consultant, an educator, and an author who has worked extensively with persons with dementia and their caregivers throughout the continuum of care. She is a dementia consultant to numerous long-term care facilities as well as to Veterans Affairs Canada, working in the homes of persons with dementia and their caregivers. Carol also operates Elderactive Occupational Therapy, which specializes in enhancing the quality of life of persons with dementia. She has presented her highly acclaimed interactive workshops throughout North America. In addition, Carol has served as clinical coordinator and assessor for geriatrics at Victoria General Hospital, site of the Queen Elizabeth II Health Sciences Centre in Halifax, Nova Scotia. Furthermore, she has lectured at Dalhousie University's Medical School and School of Occupational

Therapy in Halifax and at Mount Saint Vincents Universitys Family Studies and Gerontology Department, also in Halifax. Carol is the editor of *Alzheimers Care Quarterly*, a peer-reviewed journal focusing on quality dementia care that is readily incorporated into the day-to-day activities of professionals across the continuum of care. In addition to this book, *Navigating the Alzheimers Journey: A Compass for Caregiving*, a companion book by Carol specifically guides professionals who care for people with Alzheimers disease (visit the Health Professions Press website, <http://www.healthpropress.com>, or call toll-free 888-337-8808, for information). Her earlier book *Therapeutic Activities with Persons Disabled by Alzheimers Disease and Related Disorders* (Aspen Publishers, 1993) is recognized as a key resource across North America. While serving as national coordinator for the Health Canada/Canadian Association of Occupational Therapists/Alzheimer Canada Dementia Care at Home Project, she wrote *Living at Home with Alzheimers Disease and Related Dementias* (Canadian Association of Occupational Therapists, 1998), a resource manual for professionals in community care.