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25 Tips for Surviving as an Alzheimer's Caregiver is designed to help caregivers survive while performing the arduous tasks they face each day; and, to help caregivers avoid some of the negative health effects that are often associated with stressful caregiving.

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The Alzheimer's / dementia care book and course recommended by both professionals & family caregivers for its thoroughness, warm tone, and quick-read format.

### **Best book Alzheimers | Surviving Alzheimer's**

Alzheimer's Caregiving Tips Taking care of yourself is one of the most important things you can do as a caregiver. This could mean asking family members or friends to help out, doing things you enjoy, using adult day care services, or getting help from a local home health care agency. Taking these actions can bring you some relief.

### **Alzheimer's Caregiving Tips: Caring for Yourself**

Treating an Alzheimer's patient? 6 tips from a patient's spouse . J Fam Pract. 2017 November;66(11):676-678. ... J Alzheimers Dis. 2017;55:1497-1507. 7. Penn study confirms that a sniff

testâ€• may be useful in diagnosing early Alzheimerâ€™s disease. ... but can wipe out the retirement life savings of the surviving caregiver.

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Treating an Alzheimerâ€™s patient? 6 tips from a patientâ€™s spouse . J Fam Pract. 2017 November;66(11):676-678. ... Accessed September 25, 2017. 3. Rhoades DR, McFarland KF, Finch WH, et al. Speaking and interruptions during primary care office visits. ... J Alzheimers Dis. 2017;55:1497-1507. 7. Penn study confirms that â€œsniff testâ€• may be ...

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10 Tips to Survive the Holidays & Alzheimerâ€™s November 21, 2018 December 4, 2018 AlzTex Admin alzheimer's , christmas , dementia , family , Holiday , survive , tips The holidays are just around the corner and families are gathering for Christmas, Hanukah, and Kwanza, sharing laughter and happy memories.

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