



Navigating Alzheimer's: 12 Truths about Caring for Your Loved One

Mary K. Doyle

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Journalist and author Mary K. Doyle has written a poignant but practical handbook for Alzheimer's caregivers that will enlighten anyone touched by this debilitating disease. She offers straightforward guidelines for caregivers and their families, important lessons she learned in the eleven years she has been caring for her beloved husband, Marshall. She writes frankly about: recognizing the warning signs of Alzheimer's; understanding the disease's typical progression; managing conflict with family and friends; the importance of caring for yourself; the emotional, physical, and financial costs of caregiving; and how, when, and where to find help-- including sound advice on making the critical choice among assisted-living facilities when that time comes.

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