

Victoria Adams

Author, writing about life
in general with a little fiction
mixed in.

Currently published:
Who I Am Yesterday



Is it something that we've left behind,
Or something that we've yet to find,
That keeps each one forever hoping,
To reach that thing for which we're
groping?

V. Adams 12/88 (c)



Other tales and
assorted thoughts
available at:

victoriasreadingalcove.wordpress.com

This book is my personal journey through the first year of learning to manage the day to day joys and tribulations of living with a loved one's dementia. It is a personal story which provides the foundation of the relationship that I have with my husband. It is also a journey of observation; a tale of learning and discovery, and a sharing of the coping mechanisms that worked for me. Join me as I follow the incredible workings of the human mind and learn how to find humor in the midst of heartbreak.

Victoria Adams
VictoriasReadingAlcove.Wordpress.com

A Starting Point: Resources

Books

Teepa Snow: Positive Approach to Brain Change
Links for Clothing, Supplies & Equipment

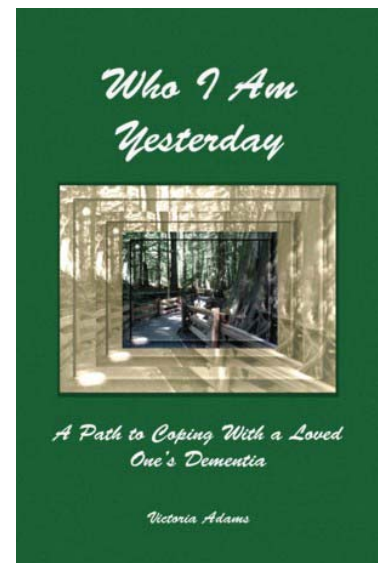
Organizations

Literature and resources provided at the book signing

This resource guide is offered as a courtesy to those attending the Meet the Author event at Barnes & Noble, Capital Mall, Olympia, Washington, April 29, 2017, 2-4PM. Inclusion in this brochure is not a guarantee that the services and products offered will meet the needs of the reader. However, as a caregiver, the author knows that any starting point is helpful and may lead to the best solutions for each circumstance.

In *Who I Am Yesterday*, the author describes many times when learning to cope became a dance. A dance between her reality and her husband's perception of reality. A dance between what could be accomplished, and what was simply not possible. In order to cope well during the journey of caregiving, two things must become a part of your inner mantra.

Never, ever, lose your sense of humor.
Choose to dance.



Books:

***The 36-Hour Day: A Family Guide to Caring for People Who have Alzheimer Disease, Related Dementias, and Memory Loss*, Nancy L. Mace, Peter V. Rabins**

<http://www.barnesandnoble.com/w/the-36-hour-day-nancy-l-mace/1124926168?ean=9781421422237>

This title is a standard with new editions released on occasion. It is an in-depth book that explains much of the technical and medical side of dementia, and the impact on caregivers.

***Alzheimer's A to Z: A Quick-Reference Guide*, John D. Becker, Jytte Lokvig**

<http://www.barnesandnoble.com/w/alzheimers-a-to-z-john-d-becker/1111421475?ean=9781572243958>

"When you care for someone with Alzheimer's Disease, you need all the sound advice and support you can possibly get. Finding ways to meet your own needs as well as those of the person for whom you care is a daily challenge that raises questions on a range of topics. This book combines the medical expertise of a medical doctor with the practical wisdom of an experienced caregiver into an easily accessible guide, a constant and faithful companion for anyone working with Alzheimer's sufferers."

***Comfort of Home: A Complete Guide for Home Caregivers (3rd Edition)* Maria M. Meyer, Paula Derr**

<http://www.barnesandnoble.com/w/the-comfort-of-home-for-chronic-lung-disease-maria-m-meyer/1113753672?ean=9780978790318>

"Burnout — the complete drain of physical, spiritual, and emotional reserves — occurs when a caregiver slips into exhaustion or depression. More and more frequently, the responsibility of caring for the chronically ill child, the disabled spouse, or the aging parent falls on a family member. From the decision to be a caregiver to dealing with day-to-day activities, this guide provides help with every aspect of home care. Also included in this edition are a checklist of tasks, a chapter on self-care and avoiding caregiver burnout, a glossary, and list of helpful resources."

***From the Corner Office to Alzheimer's*, Michael Ellenbogen**

<http://www.barnesandnoble.com/w/from-the-corner-office-to-alzheimers-michael-ellenbogen/1120043902?ean=9781493761906>

One individual's journey to find the source of the changes he was experiencing while trying to protect himself and his family financially.

***Let's Talk Dementia: A Caregiver's Guide*, Carol L. Howell** <http://www.barnesandnoble.com/w/lets-talk-dementia-a-caregivers-guide-carol-howell/1115450105?ean=9781514789322>

A book for the layperson that walks through the different types of dementia and provides hands on tips to make life a bit easier for the caregiver. Understanding what type of dementia is involved can change the approach to caring for an individual.

***Managing Cognitive Issues: in Parkinson's and Lewy Body Dementia*, BS Helen Buell Whitworth MS, James A Whitworth** <http://www.barnesandnoble.com/w/managing-cognitive-issues-bs-helen-buell-whitworth-ms/1123590575?ean=9780991648856>

Lewy Body Dementia (LBD) can start with or without Parkinson's. Some symptoms, including those often treated with antipsychotic and anti-anxiety drugs, can appear before cognitive symptoms. As the disorder advances, a sensitivity to these drugs becomes more and more likely. Fortunately, there are a multitude of alternative therapies and techniques that can help. The Whitworth's newest book, *Managing Cognitive Issues*, is printed in large text and easy-to-read language. It describes LBD and its early symptoms and addresses all of those non-motor symptoms that are so distressing to deal with and so hard to treat. It has a large chapter about drug sensitivity, a section that describes a variety of alternative treatments and techniques and a 13-page list of resources, including links to several lists of drugs most likely to be troublesome.

***The Mindful Caregiver: Finding Ease in the Caregiving Journey*, Nancy L. Kriseman.**

<http://www.barnesandnoble.com/w/the-mindful-caregiver-nancy-l-kriseman/1116879416?ean=9781442248694>

“Caregiving can be enormously challenging, terrifically rewarding, and potentially draining. Caregivers often wonder how they will navigate the tumultuous waters of caregiving and not lose themselves completely. The Mindful Caregiver highlights two major approaches to help transform the journey: adopting a practice of mindfulness, which helps caregivers become more self-aware and fully present with the person with whom they are caring, and honoring “the spirit-side” of caregiving which offers new ways of connecting to one another. These approaches take into account not just the needs of the care recipient, but also the needs of the caregiver and other people in his/her life.”

***Slow Dancing with a Stranger: Lost and Found in the Age of Alzheimer’s*, Meryl Comer**

<http://www.barnesandnoble.com/w/slow-dancing-with-a-stranger-meryl-comer/1118705855?ean=9780062130853>

This book is the story of how Meryl Comer, a successful broadcast journalist, worked through the diagnosis and care of her husband, a leading NIH researcher. It is unflinching in its representation of the options available to caregivers in the current system. Comer is active in US Against Alzheimer’s, an organization that seeks to develop conversation among government, medical, and support agencies to find treatment for dementias, and support for caregivers.

***Still Alice*, Lisa Genova** <http://www.barnesandnoble.com/w/still-alice-lisa-genova/1100365085?ean=9781501106422>

Although a work of fiction, the author creates a story that walks through the stages of dementia from first concerns of what might be happening through the juggle of family responsibilities, and how caregiving roles are sorted out. The details of the progression of the disease are well researched and put within the context of the people living the change.

***There’s Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer’s*, Michael Castleman, Matthew Naythons, Dolores Gallagher-Thompson**

<http://www.barnesandnoble.com/w/theres-still-a-person-in-there-michael-castleman/1121149895?ean=9780399145711>

Alzheimer’s patients sometimes have trouble recognizing their own families. They may become confused, disoriented, or lethargic -- and can even endanger themselves if not closely watched. Faced with the loss of their independence and skills, they may resent having to rely on others. Caring for someone with Alzheimer’s is one of the most painful challenges a person can face. It can also be among the most rewarding. And although there is still no cure for this disease, there is, at last, hope.

***What if it’s not Alzheimer’s?: A Caregiver’s Guide to Dementia (3rd Edition)*, Gary Radin, Lisa Radin, Murray Grossman.** <http://www.barnesandnoble.com/w/what-if-its-not-alzheimers-lisa-radin/1112400534?ean=9781616149680>

Although the public most often associates dementia with Alzheimer’s disease, the medical profession now distinguishes various types of “other” dementias. This book is the first comprehensive guide dealing with frontotemporal dementia (FTD), one of the largest groups of non-Alzheimer’s dementias. The contributors are either specialists in their fields or have exceptional hands-on experience with FTD sufferers.

***Who I Am Yesterday: A Path to Coping with a Loved One’s Dementia*, Victoria Adams.**

<http://www.barnesandnoble.com/w/who-i-am-yesterday-victoria-adams/1111887499?ean=9781940812113>

A story of one woman’s path to coping after her husband was diagnosed with vascular dementia.

Teepa Snow <http://teepasnow.com/>

Teepa is a professional in the field of dementia care. Her videos and resources provide a wealth of information for caregivers on some of the most difficult issues. Some of these fall into the field of occupational therapy (which may be as simple as finding something the patient likes to do and can do). Many of the titles provided above are from her recommended reading list.

Clothing, Supplies, & Equipment

(Please note that inclusion on this list is not a guarantee of quality or customer service).

Aging Care.com: <https://www.agingcare.com/Products>

Allegro Medical: <http://blog.allegromedical.com/>

Blair: <http://www.blair.com/>

Buck & Buck: <http://www.buckandbuck.com/>

Caregiver Products.com: <http://www.caregiverproducts.com/>

Clothes For Seniors: <http://www.clothesforseniors.com/>

Easier Living: <http://www.easierliving.com/>

Haband: <http://haband.blair.com/>

Kohls's : <http://www.kohls.com/>

Silvert's: Adaptive Clothing <http://www.silverts.com/assisted-living-clothing/>

Also try:

Amazon.com

Kmart: <http://www.kmart.com/>

Walmart: <http://www.walmart.com/>

Ways to help with swallowing problems: <http://center4research.org/medical-care-for-adults/disabilities/thickeners-and-other-ways-to-help-older-adults-with-swallowing-problems-2/>

Simply Thick (a more expensive option but often used in care facilities): <http://www.simplythick.com/>

Most grocery stores/pharmacies have a powered version.

CaregiverStress.Com

Provides useful articles including advice on whether to rent or purchase durable medical equipment. <http://www.caregiverstress.com/home-care/hospital-to-home-care/home-care-medical-equipment/>

Organizations:

Alzheimer's Association
<http://www.alz.org/>

Alzheimer's Foundation of America
<http://www.alzfdn.org/>

Association for Frontal Temporal Degeneration
<http://www.theaftd.org/>

Dementia Society of America
<https://www.dementiasociety.org/>

Lewy Body Association
<https://www.lbda.org/>

National Aphasia Association
<https://www.aphasia.org/>

National Stroke Association
<http://www.stroke.org/>

Parkinson's Disease Foundation
<http://www.pdf.org/>

USAgainstAlzheimer's
<http://www.usagainstalzheimer.org/>

Washington State Council on Aging
2404 Heritage Court SW, Suite A
Olympia, WA 98502
360-664-2168

2700 Simpson Suite 205
Aberdeen, WA 98520
360-532-0520

Literature and resources provided at the book signing:

Washington State Agency on Aging
Lewis, Mason. and Thurston Counties
www.LMTAAA.org

Information & Assistance
Services offered by the agency include referral services available

Family Caregiver Support Program
Services offered to provide education, respite, and referrals

The Family Caregiver
Newsletter of Lewis/Mason/Thurston Support Program

Resource Directory
Seniors, Family Caregivers & Adults with Disabilities

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Washington State Agency on Aging
Olympic Area covering Grays Harbor & Pacific Counties
www.o3a.org

Information & Assistance
Services offered by the agency include referral services available

Family Caregiver Support Program
Services offered to provide education, respite, and referrals

Monthly Family Caregiver Support Group
Facilitator: Eric 360-538-2458

Aberdeen/Hoquiam Caregiver Support Group
Alzheimer's Association
Facilitator: Helen Morning Star 360-533-2277

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Giving Care – Taking Care

Sponsored by AARP Washington

Conference for family caregivers

June 7, 2017 Tukwila Community Center

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Literature from the Alzheimer's Association

10 Tips for living with Alzheimer's

<http://www.alz.org/i-have-alz/tips-for-daily-life.asp>

https://www.alz.org/documents_custom/early-stage-caregiver-tips.pdf

https://www.alz.org/documents_custom/middle-stage-caregiver-tips.pdf

https://www.alz.org/documents_custom/late-stage-caregiver-tips.pdf

Know the 10 Signs

http://www.alz.org/national/documents/10_signs_checklist.pdf

Preparing for Your Doctor's Visit

https://www.alz.org/documents/national/educational_checklist.pdf

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Samples:

The Dementias: Hope Through Research

National Institutes of Health

<https://www.nia.nih.gov/alzheimers/publication/dementias/introduction>

Family Caregiver Handbook

Washington State Department of Social and Health Services

http://www.caregiverexchange.ca/Uploads/Documents/Caregiver_Handbook_adult_or_senior_with_disabilities.pdf