



# The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss

*Nancy L Mace , Peter V. Rabins*

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Through five editions, *The 36-Hour Day* has been an essential resource for families who love and care for people with Alzheimer disease. Whether a person has Alzheimer disease or another form of dementia, he or she will face a host of problems. *The 36-Hour Day* will help family members and caregivers address these challenges and simultaneously cope with their own emotions and needs.

Featuring useful takeaway messages and informed by recent research into the causes of and the search for therapies to prevent or cure dementia, this edition includes new information on

- devices to make life simpler and safer for people who have dementia
- strategies for delaying behavioral and neuropsychiatric symptoms
- changes in Medicare and other health care insurance laws
- palliative care, hospice care, durable power of attorney, and guardianship
- dementia due to traumatic brain injury
- choosing a residential care facility
- support groups for caregivers, friends, and family members

The central idea underlying the book--that much can be done to improve the lives of people with dementia and of those caring for them--remains the same. *The 36-Hour Day* is the definitive dementia care guide.

## The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss Details

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## **From Reader Review The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss for online ebook**

### **Kit says**

Informative and enlightening. For those of us who have family members with Alzheimer's, Dementia, etc., this is one of the best books to read when struggling to understand why they won't take a shower, or why they act like children at times. Full of tips and personal narratives, each chapter is packed with things that every Alzheimer patient caretaker needs to know. There were a few topics I wish could have been included that weren't, however, maybe they will be added in the next edition.

\*4/5 stars\*

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### **Andrea says**

Awesome book for this caring for a loved one with dementia or a similar illness.

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### **Kim says**

I found this handbook helpful as an introduction to dementia. It explains in detail the challenges families face in caring for a loved one suffering from dementia. This book is a good place to start on the topic.

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### **Linda Rhyne says**

Very depressing but needed for caretaker. Did not cover some subjects I need to know. Needs another update. Need more REM sleep disorder coverage.

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### **Jim Miller says**

Excellent overview of Alzheimer's, how it cripples individuals and families, and how to be an effective caregiver.

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### **Jocelyn says**

I learned a lot about dementia as well as the patience and flexibility required to care for the person who has it. If you have such a person in your family, I recommend that you read this book. It will help you understand what's happening to that person. If you are the caregiver, you'll find lots of practical suggestions for care-

giving as well as guidance for accessing resources. If you are not the caregiver, then you'll learn what it's like for the caregiver as well as for the person with dementia.

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### **Alicia says**

Depressing but informative. An excellent resource.

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### **Bill H. says**

Though I make no claim to having surveyed books on caring for those with dementia, etc., *The 36-Hour Day* strikes me as one of the most complete guidebooks one could want. From definitions, information on stages, how one relates to those stages, references to support groups, a guide to evaluating care facilities, particular problems that might arise, caregiver stress signs, financial concerns, research on dementia. It's all there. Every person in the position of providing care for someone with Alzheimer's or another form of dementia should have a copy handy.

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### **Kevin Maness says**

Basically THE bible of caring for someone with dementia.

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### **Lisa Brantly says**

hard to read. but very helpful

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### **Jane says**

What was it like?

Describe the contents of the book (what the book is about, topics it covers, etc.). What does it cover well - what would you like to have seen more of - or is it perfect?

Is it detailed enough, or is it too in-depth? Which sections did you enjoy? How well written is it and how accessible?

This is a well written book for carers and loved ones in how to care for conditions such as alzheimer's, dementia, memory loss and other conditions.

Although written for families in the States this is equally apt for the UK. The book begins with exactly what demenia is ( you would expect a definition but not all books do this assuming the reader knows)

The sufferes are people and there is a great deal that can be done to improve peoples lives and as a carer that

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is not always evident. The authors acknowledge that through the persons perceptions, melancholy, aggression, what at times feels like madness, and continually reminding them of what is to the carer “normality”. Carers feel there will be cure and through treatment there may be an improvement but for many there will never be a cure (certainly in their life time) So how does the carer manage, they need to be fit and weel, eat nutritionally take exercise – but not to upset the person by shouting or pushing them into situations they do not want to do.

There is helpful suggestions such as plasaning the day so less is expected of them at a time when they may not be at their best.

I particularly liked the chapter on special arrangements if the family member is sick (we do all get sick) this has an impact on the person who becomes more confused – so planning is the key.

There is small real life case stories as well which helps the carer to know it happens to ther people too and gives permission for life to go on with elements of humour.

What were the highlights?

Written so practically that it covers all aspects and is the bible for family and friends, it is not patronising and condescending and the chapters are well set out and easy to read. If the reader wants to find a subject it is there and easy to find in the contents.

If the carer needs to seek further information again this is included.

The authors understand they are clinicians and have the experience.

Strengths & weaknesses:

This first and foremost empowers the carer, gives support and guidance when they need it most

Well researched and updated this is the 6th edition

Who should read it?

This is for carers and families, but equally should be on the reading list for nursing and medical students, every ward should have a copy nursing and clinicians can learn so much from this and ensure a high standard of care for these patients.

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## Linda says

I’ve read a few books on this topic, my interest being equally professional and personal, and have also completed a number of courses on dementia. If you have a loved one with dementia, this book is The Bible. Read as much as is relevant at any given time, as the disease progresses. There’s a LOT of info here and it could be easy to become overwhelmed if you binge read it all in a sitting.

Go for the most up to date edition, as this field is a hot topic of research and new information is being added with each update.

## **Vannessa Anderson says**

**The 36-hour Day** describes itself as “A Family Guide to Caring for People Who Have Alzheimer Disease, other Dementias, and Memory Loss” and opened with Mary who thought she was losing her mind due to memory loss and instead of helping her, her doctor gave her some pills and told her, her memory loss was due to aging.

Just a few things from the book

1. Dementia does not mean the person is crazy
2. Dementia describes a group of symptoms that can be caused by many diseases
3. Severe memory loss is never a normal part of growing older
4. Some people experiences changes in personality
5. Some retain the qualities they always had
6. Some change dramatically
7. Types of care facilities
8. When to discuss legal finances and power of attorney
9. How to recognize differences between absentmindedness and dementia
10. Importance of following a Mediterranean diet

**The 36-hour Day** is a great reference book to refer to over-and-over again.

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## **El says**

I am sure this book is helpful to many.

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