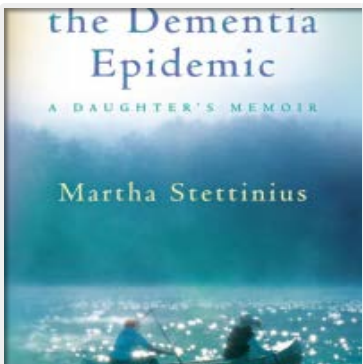




Remember Smiles, Love & Laughter

Dementia Books: Inside the Dementia Epidemic

10 May, 2013 by John Belchamber



Dementia Books: Inside the Dementia Epidemic: A Daughter's Memoir is the unflinching and hopeful story of one woman's journey into family caregiving, and a vivid overview of the challenges of Alzheimer's care.

Dementia Books: Inside the Dementia Epidemic: A Daughter's Memoir

Winner of the Memoirs (Overcoming Adversity/Tragedy/Challenges) category of the 2013 Next Generation Indie Excellence Book Awards.

Winner of an Honorable Mention in the Life Stories category of the 20th Annual Writer's Digest Book Awards.

Inside the Dementia Epidemic: A Daughter's Memoir is the unflinching and hopeful story of one woman's journey into family caregiving, and a vivid overview of the challenges of Alzheimer's care. With the passion of a committed daughter and the fervor of a tireless reporter, Martha Stettinius weaves this compelling story of caregiving for her demented mother with a broad exploration of the causes of Alzheimer's disease, means of treating it, and hopes for preventing it. She shares the lessons she's learned over seven years of caregiving at home, in assisted living, a rehabilitation center, a "memory care" facility for people living with dementia, and a nursing home. She learns not only about how to navigate the elder care system, but how to grow closer to her mother and nurture her mother's spirit through the most advanced

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stages of dementia.

One in 8 people over age 65 has Alzheimer's disease, and nearly fifty percent of those over age 85. As baby boomers age, and we all live longer, most of us will know someone with Alzheimer's disease or another dementia, or care for someone with dementia. Alzheimer's disease is the fifth-leading cause of death in the United States for those age 65 and older, but the only one in the top 10 without a means of prevention, a way to slow its progression, or a cure. In the United States, over 15 million family caregivers provide 17.4 billion hours of unpaid care to family members and friends with Alzheimer's disease and other dementias.

This memoir is not a lament, however; it is guide, and, the author hopes, a means to soften the blow upon all of us. In the course of the author's experience, she discovered what could have been done earlier to help her mother, and what can be done now to help us all. Ms. Stettinius's greatest gift to readers is that of optimism—that caregiving can deepen love, that dementia can be fought, and that families can be strengthened. Her book is appealing, enlightening, and inspiring.

Through its intimate scenes and skillful storytelling, Inside the Dementia Epidemic is a call to action for better dementia care, more funding for dementia research, and more support for family caregivers. In the appendices, the author shares facts she wishes she had known years ago, including how to get a diagnosis of Alzheimer's disease; what medications are approved to treat the symptoms of Alzheimer's disease; risk factors for dementia, and possible preventive measures; promising explorations in dementia research; the link between insulin resistance, diabetes, and Alzheimer's disease; the benefits of "memory consultations" and early diagnosis; and national and international movements for more dementia research and better care.

Inside the Dementia Epidemic: A Daughter's Memoir includes source notes, resources for caregivers, and an index.

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Reviews

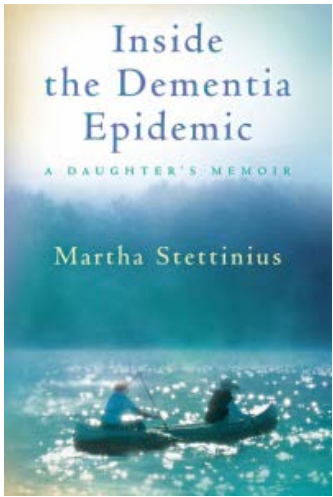
"Honest, compassionate, and informed. Makes for compelling reading. Highly recommended." – Library Journal

"A tragic tale that will grant strength to those facing a similar predicament." –Midwest Book Review
"In this compelling memoir, Stettinius shares the struggles she faces when her mother, Judy, is diagnosed with dementia...Stettinius ably illustrates the challenges she faces and shares wisdom and advice she's learned along the way,...[and] offers a wealth of resources for readers dealing with dementia." –Publishers Weekly

"An extraordinarily important book about the journey of a daughter, a mother, a family, and a community when they are struck with Alzheimer's disease. A moving, uplifting, and vital chronicle." – Trish Vradenburg, Co-Founder, USAgainstAlzheimer's, Playwright/Author/Comedy Writer/Advocate
"An honest, emotionally-charged, and thought-provoking account and life story of the author's mother and the dementia journey." –Sandra Stimson, CALA, ADC, CDP, CDCM, AC-BC, Founder and Executive Director, National Council of Certified Dementia Practitioners

"Readers will not only find Martha Stettinius's memoir consoling, they will gain the invaluable advantage of hindsight on things she would do differently if she had to do it all over again." –Joy Loverde, author, "The Complete Eldercare Planner Revised and Updated Edition: Where to Start, Which Questions to Ask, and How to Find Help

"A special book that combines a very personal story about how a daughter is affected by her mother's illness with a broader perspective on Alzheimer's disease and other dementias. A guide for everyone hit by Alzheimer's and dementia that reads very well." –Marc Wortmann, Executive



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Director, Alzheimer's Disease International

From the Inside Cover

When her mother, Judy, plunges her car into a snow bank, Martha Stettinius herself is “snow blind” and innocent of the truth. More than an illness, dementia is a fast-growing epidemic. Martha's dogged attempts to care for Judy soon make her an expert on this threat: 1 in 8 people over age 65 will have Alzheimer's disease or another dementia, and nearly half of us over age 85.

Deeply honest about the emotional gauntlet thrust upon her as she juggles family, job, and elder care, Martha has good reason to share it: most of us are likely to have to walk in her shoes. She's done it all—starting with taking her mother into her own home and coping with the tragi-comedies of her chain-smoking Mom and her nippy, small dog. Torn between her mother and preserving her own family's happiness, Martha guides us through assisted living, rehab, “memory care,” and a nursing home. Through skillful storytelling, she shares the bottom line that we all need to know: how to finance care, avoid pitfalls, sort out caregivers, evaluate a facility, and investigate more humane homes such as “The Eden Alternative” and “Green House Project.” She learns to overcome her challenging relationship with her mother, and to reach the deepest core of Judy's spirit.

Martha supplements this mother-daughter love story with facts and appendices reflecting the cutting edge of dementia research. When her mother eats only sweets, she explores the connection: is Alzheimer's “Type III Diabetes”? She refuses to surrender to hopelessness. She shares the ultimate guide to How to Save Yourself: an anti-dementia, anti-diabetic diet; and the newest medical tests. As Martha has learned to sit in silence and hold her mother's hand, she has also learned to speak up, research, and reach out to give us all new ways to win the war.

About The Author



Martha Stettinius was a “sandwich generation” caregiver for eight years for her mother who had vascular dementia and Alzheimer's disease. Martha serves as an expert in dementia for eCareDiary.com, and as a volunteer representative for New York State for the Caregiver Action Network (formerly the National Family Caregivers Association), a Washington, D.C.-based advocacy group. She works as an editor, and earned a master's in English Education from Teachers College, Columbia University.

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
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