



You Oughta Know: Acknowledging, Recognizing, and Responding to the Steps in the Journey Through Dementias and Alzheimer's Disease

Sandra L Ross

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This book looks comprehensively at all the steps that occur in dementias and Alzheimer's Disease. In my own experience with this and in counseling, supporting, and working with others who are going through these steps, I realized there is a basic lack of comprehension about the big picture of how these neurological diseases progress. I know that because the same questions get asked and answered over and over again. My purpose is to ask those questions and answer them in a way that, first, makes sense, and, second, works for everybody involved. I know. I've been on the caregiving side of the equation personally. There were no books like this when I did it, so I had to learn on my own and figure out what worked and what didn't. I made mistakes. You'll make mistakes. But, in the end, my mom and whoever you love and are caring for, got the best we have to give and we can learn some pretty incredible and good life lessons along the way. If you don't read another book on this subject, you should read this one. I don't have all the answers, but the answers I have learned are the ones that probably matter most. Not just now, but for the rest of our lives.

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