



# When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver

*Susan M. McCurry*

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Caring for a person with dementia is a difficult and often- overwhelming task. In addition to the inevitable decline in memory and physical function, most persons with dementia develop one or more troublesome behavior problems, such as depression, fearfulness, sleep disturbances, paranoia, or physical aggression at some point in their disease. Behavioral challenges in dementia are highly idiosyncratic. No two patients are alike, and interventions that work well with one person are often ineffective with another. Caregivers often become stuck: either unable to figure out how best to help their loved one, or unable to consistently implement positive practices they know would improve their situation. This book offers caregivers a set of practical and flexible tools to enable them become more resilient in the face of difficulty and change.

McCurry teaches caregivers how to take advantage of their own creativity and inner resources to develop strategies that will work in their unique situations. She presents her set of five core principles and then brings them to life through vignettes. Anyone who lives, works, or comes in contact with a person who has dementia will benefit from this volume.

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