

Title Information

Dr. Ruth's Guide for the Alzheimer's Caregiver

How to Care for Your Loved One without Getting Overwhelmed ... and without Doing It All Yourself

by Dr. Ruth K. Westheimer with Pierre A. Lehu

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One of America's most trusted names in relationship therapy brings much-needed help to overburdened caregivers in *Dr. Ruth's Guide for the Alzheimer's Caregiver*.

Over 15 million Americans are taking care of a loved one with Alzheimer's disease, and nearly all of them feel overwhelmed by the crushing burden of caring for a dependent adult while trying to maintain their own physical and mental health.

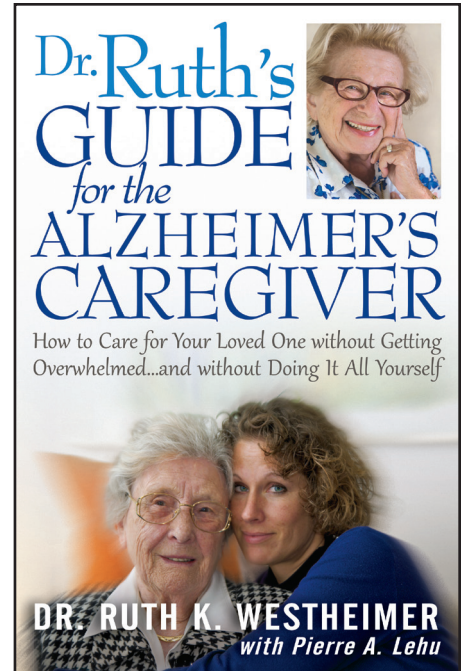
Dr. Ruth has a simple and straightforward message for Alzheimer's caregivers: You are not alone. There are resources and a community that can give you the help you need to take care of your loved one and have a life, too. Dr. Ruth knows you need help and she presents the best strategies, tactics, tips, tricks, resources and attitudes to create the most supportive environment possible for you and your loved one.

Dr. Ruth's Guide for the Alzheimer's Caregiver presents coping strategies for both the practical problems and emotional stresses of Alzheimer's care. Dr. Ruth shows you how to avoid caregiver burnout; get effective support from family and friends; resolve family disputes; maintain your relationship with a spouse or parent with Alzheimer's; manage behavior; make your home safe; and deal effectively with doctors, care providers and facilities.

Dr. Ruth's Guide for the Alzheimer's Caregiver takes a brisk, practical, respectful and reassuring approach to Alzheimer's care. Dr. Ruth provides real solutions to the problems that can be solved without pretending that Alzheimer's disease is easy to deal with.

Audience: Alzheimer's care, family members, and caregiver support groups and social agencies

About the Authors: **Dr. Ruth K. Westheimer** is a psychosexual therapist who pioneered speaking frankly on sexual matters on her radio program Sexually Speaking. Dr. Westheimer is the author of over 35 books and the syndicated column Ask Dr. Ruth. **Pierre A. Lehu** has written 20 books on a variety of topics.



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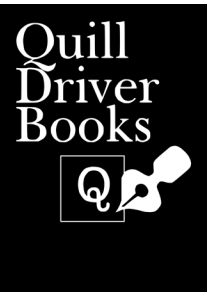
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New book, *Dr. Ruth's Guide for the Alzheimer's Caregiver*, offers straight talk and real help for overburdened caregivers

"An excellent, commonsense guide to a heartbreaking disease." —Booklist

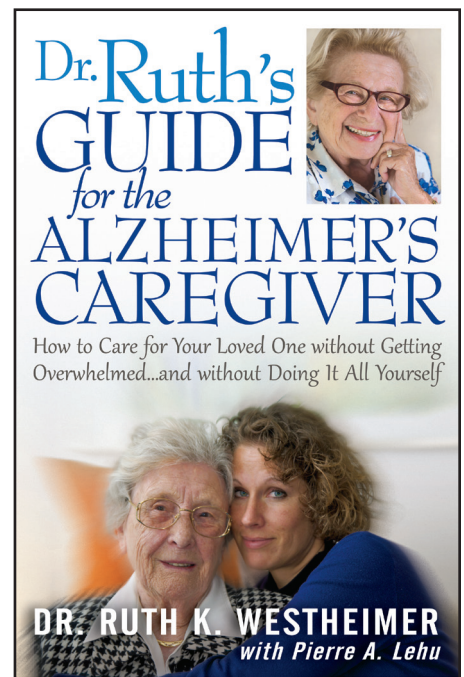
Over 15 million Americans are taking care of a loved one with Alzheimer's disease, and nearly all of them feel overwhelmed by the crushing burden of caring for a dependent adult while trying to maintain their own physical and mental health.

Dr. Ruth Westheimer, one of America's most trusted names in relationship therapy, brings much-needed help to these overburdened caregivers in her new book *Dr. Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One without Getting Overwhelmed ... and without Doing It All Yourself* (Quill Driver Books, November 2012).

Taking care of a loved one with Alzheimer's disease is a heavy responsibility that usually falls on vulnerable family members such as elderly spouses and overworked members of the sandwich generation. Sixty percent of caregivers report high levels of stress, and 30 percent of caregivers report feeling depressed. Nearly all Alzheimer's caregivers report high levels of isolation and feelings that their family and friends have abandoned them.

Dr. Ruth has a simple and straightforward message for Alzheimer's caregivers: You are not alone. There are resources and a community that can give you the help you need to take care of your loved one and have a life, too. Dr. Ruth knows you need help and she presents the best strategies, tactics, tips, tricks, resources and attitudes to create the most supportive environment possible for you and your loved one.

By focusing on the needs of the caregiver, Dr. Ruth provides a coherent and integrated plan for managing Alzheimer's care. Too many caregivers neglect their own needs, causing burnout, resentment, and ultimately



poorer care for their loved ones. In *Dr. Ruth's Guide for the Alzheimer's Caregiver*, the caregiver's well-being is a primary goal that clarifies how to cope with the many practical and emotional challenges of Alzheimer's care.

In a brisk, practical, respectful and reassuring style, *Dr. Ruth's Guide for the Alzheimer's Caregiver* presents practical solutions to caregivers' most pressing problems:

- How to ask family, friends and neighbors for more help — and actually get it.
- How to deal with the inevitable storm of negative emotions that accompany caregiving.
- How to cope with and reduce physical and mental exhaustion.
- How to deal with siblings who offer criticism — not help.
- Why keeping your job is beneficial to your mental health.
- Why placing your loved one in a facility is often the most loving thing you can do.
- How to keep your social life while taking care of your loved one.
- How to help your children and grandchildren cope with a loved one's Alzheimer's disease.
- And because it's Dr. Ruth, a frank and fearless discussion of the impact of an Alzheimer's diagnosis

on couples and their sex life, including sex between Alzheimer's and non-Alzheimer's spouses, relationships between Alzheimer's patients in a facility, and the ethics of seeking a new sexual partner when one's spouse has Alzheimer's.

In addition to Dr. Ruth's invaluable counseling on emotional and relationship issues, *Dr. Ruth's Guide for the Alzheimer's Caregiver* includes essential advice on practical issues of Alzheimer's care: tips on communicating with Alzheimer's sufferers, mentally stimulating activities, elder-proofing your home, coping with behavioral issues such as elder rage and sundowning, and dealing with doctors, in-home caregivers and facility staff.

Full of practical, no-nonsense advice that will help readers provide the best possible care while minimizing caregiver stress, *Dr. Ruth's Guide for the Alzheimer's Caregiver* provides real solutions to the problems that can be solved without pretending that Alzheimer's disease is easy to deal with.

Book Details:

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About Dr. Ruth Westheimer and Pierre A. Lehu

Authors of

Dr. Ruth's Guide for the Alzheimer's Caregiver



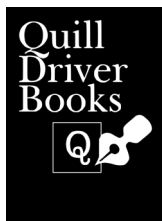
Dr. Ruth K. Westheimer is one of America's best-known names in relationship therapy. Widely known for her honest and humane approach to human sexuality, Westheimer pioneered frank sex advice on radio with her program *Sexually Speaking*, which premiered in 1980 on WYNY in New York. Since then Westheimer has become America's favorite sex expert, giving help to millions through radio, television, newspapers, magazines, books and her website, **DrRuth.com**.

Born in Germany in 1928, Westheimer was sent to an orphanage in Switzerland at age 10 to escape the Holocaust. At 17 she immigrated to Israel, where she fought as a scout and sniper for the Haganah. She was seriously wounded in 1948 during the Israeli War of Independence.

In 1950, Westheimer moved to France, where she studied psychology at the Sorbonne. In 1956, she immigrated to the United States. Westheimer received a master's degree in sociology from the New School for Social Research and a doctorate of education from Columbia University, and studied human sexuality under Dr. Helen Singer Kaplan at New York Hospital-Cornell University Medical Center.

Dr. Westheimer has taught at New York Hospital-Cornell University Medical Center, Lehman College, Brooklyn College, Adelphi University, Columbia University and West Point. She is currently an adjunct professor at New York University and a fellow of Calhoun College at Yale, Butler College at Princeton and the New York Academy of Medicine. Dr. Westheimer has her own private practice in New York and lectures worldwide. She is the author of over 35 books, including *Dr. Ruth's Sex After 50* (Quill Driver Books, 2005).

Pierre A. Lehu has written 20 books, most in conjunction with Dr. Ruth Westheimer, with whom he has worked for more than 30 years. He has also written on a variety of other topics, ranging from fashion to sake.



For more information on *Dr. Ruth's Guide for the Alzheimer's Caregiver* (Quill Driver Books, November 2012) or to arrange an interview with authors **Dr. Ruth K. Westheimer** and **Pierre A. Lehu**, please contact Jaguar Bennett at Quill Driver Books, (800) 345-4447, Publicity@QuillDriverBooks.com.