



When Caring Takes Courage: A Compassionate, Interactive Guide for Alzheimer's and Dementia Caregivers

By Mara Botonis

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3 Books in 1:

- Helpful Tips from Hundreds of Healthcare Professionals
- Favorite "Failure Free" Solutions from Countless Family Caregivers
- Over 700 Alzheimer's Adapted Activity Ideas for Every Interest and Ability

After twenty nine years in healthcare, working throughout the United States in the senior housing industry, Mara's life and career trajectory was forever changed when a close family member was stricken with Alzheimer's. Her everyday work at the national level alongside families coping with the impact of Alzheimer's/dementia as well as countless medical and healthcare professionals specializing in this disease offered unparalleled opportunities to learn from their collective expertise.

The tools provided can be tailored to fit specific needs and are designed to assist caregivers with all aspects of caregiving. Topics include tips to help with everyday challenges such as bathing, toileting, managing medications, and dealing with difficult behaviors as well as communicating with healthcare professionals, finding affordable care options, and adapting recreational activities. Readers will learn from the best practices and proven techniques widely utilized in Alzheimer's/dementia care today, in a way that empowers them to personalize their use of these resources.

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Editorial Review

Review

"This is a **NEED to READ** guide for all current and future caregivers in our nation".

-Paul Nussbaum, Ph.D., ABPP

Board-Certified Clinical Psychologist, Neuropsychology Specialist

United Nations Presenter on Brain Health,

Co-Founder of the Fit Brains APP (with more than 7 million users worldwide),

Director of the Brain Health Center

"Excellent book for families, recreation specialists."

As an activity professional, an international health care convention speaker, author, activity course instructor, and columnist I am always seeking new information on how to best serve people with dementia. This is an excellent book filled with practical suggestions for activity and therapeutic recreation professionals as well as for families on how their loved one with dementia can continue the daily living activities they...[Read More](#)

-Gloria Hoffner, BA, ADC, AC-BC, CDP, winner Nat'l. Council Activity Professionals Award

"I love the way that Mara has been able to maintain the intimate relationship approach of people that love one another. The author starts her book [When Caring Takes Courage] with a wonderful letter written by a person with dementia to their caregiver. This letter sets the tone of what is an extremely practical and creative book. In my view it is a book that carers have been waiting for, for many years. Thanks Mara for what I believe has the potential to become a ground breaking book within the field of caring."

-Alan Midwinter, Manager

ALZHEIMER SCOTLAND

"When Caring Takes Courage" is a wonderful toolkit for caregivers, both family and professional, that provides realistic advice and guidance. The book offers 'real life' solutions to everyday situations including checklists and worksheets to assess care needs and create appropriate care plans all centered around person-centered care. We are looking forward to sharing Mara's expertise, and this book, with our audience of over 900 care providers from across Wisconsin at our Annual Conference in May!

Kathy Davies, ALZHEIMER'S ASSOCIATION Greater Wisconsin Chapter

From the Author

When Caring Takes Courage

A Note from the Author

I wrote "When Caring Takes Courage" with the intention that it would be a quick, "go-to" reference for family caregivers. Reading it cover to cover or in sequential order is not necessary. Readers can choose the chapters that best answer current questions or challenges and then explore the rest of the book when they have time or when the need arises.

In my conversations with many families over the years, the common complaint I heard about existing books for Alzheimer's/dementia caregivers were, that the books were either way too detailed to find the information

they were looking for quickly or that caregivers did not have the time to read a lengthy book. This handbook is about helping you in those moments when Dad won't stop looking for his car or refuses to take his medication, for when Mom is too frightened to bathe, or you are having trouble getting your Wife in the car to go to her doctor's appointment. In *When Caring Takes Courage*, you'll find effective scenario-based solutions for moments like these at your fingertips.

My hope is that readers think of this manual like their favorite cookbook. I want them to feel free to "dog-ear" the pages that helped, skip parts they may not need right now and mix in their own recipe for successful caregiving along the way. Feeling free to add and subtract from the best practices on the pages in the book to assemble something that works best for their loved ones and themselves.

This is a book that is meant to be USED versus simply READ. An interactive guide that gives readers the opportunity to really tailor the information presented in a way that identifies and protects the successes in caregiving the reader is already experiencing.

When Caring Takes Courage is divided into sections: Part One: Getting through Your Day begins with the Biography Based Care® philosophy that will help readers customize the tips and resources found throughout the text.

For those that like to go "in order", Part One of the book follows the path of Alzheimer's disease from its onset, and what the disease is, to how to seek preliminary diagnosis up to hospice care and all that happens in between. Popular topics in this section offer simple solutions for everyday challenges in caregiving such as: bathing, medication time, trips outside the home, toileting and "accident" prevention, communication, handling difficult behaviors and more.

Part Two: Creating the Best Possible Day supports caregivers in carving out more moments of connection with their loved one. Tips and tools to help protect and preserve the unique relationship and life journey you were on together before Alzheimer's entered your world.

Here are just a few of the interactive tools and tip sheets readers will have access to:

- *Frequency of Alzheimer's and Dementia Symptoms Family Checklist
- *Reduce the Risk of Wandering Safety Checklist
- *Care Needs Calculator-More Affordable Alzheimer's Care Options
- *Alzheimer's/Dementia Care Plan Template for At Home Caregivers
- *Alzheimer's/Dementia Patient Family Generated Health History Form
- *Alzheimer's Care Comparison: Evaluate Communities and Home Care Providers
- *Over 700 "Failure Free" Alzheimer's Adapted Activity Ideas

It is my sincere hope that I've written this book in a way that will be of benefit to families coping with the impact of this disease every day, that this book will help them feel a little less alone, and a lot more appreciated.

When Caring Takes Courage aims to serve readers as a constant companion on what can feel like a very lonely journey. It is a written reminder that, sadly, millions of other families have traveled this path before and much of the wisdom they gained along the way because of both their tears and their triumphs, are contained in these pages to guide and give silent support to others who are just now going on a journey that they know all too well.

-Mara Maitlin Botonis

About the Author
Mara Maitlin Botonis

Author, "When Caring Takes Courage"

Speaker, Alzheimer's Family Caregiver Advocate, Alzheimer's Awareness Worker.

After twenty nine years in healthcare, working throughout the United States in the senior housing industry, Mara's life and career trajectory was forever changed when a close family member was stricken with Alzheimer's. Her everyday work at the national level alongside families coping with the impact of Alzheimer's/dementia as well as countless medical and healthcare professionals specializing in this disease offered unparalleled opportunities to learn from their collective expertise.

She has spent time in hundreds of communities with thousands of families while working in over thirty states during her twenty nine year career in healthcare and has worked in sales and marketing in regional, divisional and national roles. This has given her a tremendous knowledge of the challenges faced every day while coping with the impact of Alzheimer's and Dementia. Mara's passion and life's work has been to learn the best practices capable caregivers (both professional and family member) use to find success, joy and hope in the face of this devastating disease and find a way to share that information with those who deal with this disease on a day-to-day basis.

Mara remains an in-demand speaker for healthcare professionals and highly requested trainer for family caregivers. Her extensive background and successful track record in collaborating with both family caregivers and healthcare professionals in all aspects of at-home and community-based Memory Care nationwide, has provided the ideal foundation with which to learn from and replicate the successes thousands of caregivers experience each day in coping with this disease. Mara continues to learn from every source possible how to help others best cope with the everyday ups and downs of Alzheimer's/Dementia.

To learn more about her work visit her website at: biographybasedcare.com

Users Review

From reader reviews:

Jose Goodell:

Information is provisions for people to get better life, information currently can get by anyone from everywhere. The information can be a understanding or any news even restricted. What people must be consider when those information which is inside former life are difficult to be find than now could be taking seriously which one is appropriate to believe or which one the resource are convinced. If you obtain the unstable resource then you understand it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take When Caring Takes Courage: A Compassionate, Interactive Guide for Alzheimer's and Dementia Caregivers as your daily resource information.

Christopher Mills:

This When Caring Takes Courage: A Compassionate, Interactive Guide for Alzheimer's and Dementia Caregivers is great publication for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This kind of book reveal it data accurately using great manage word or we can say no rambling sentences inside. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tricky core information with lovely delivering sentences. Having When Caring Takes Courage: A Compassionate,

Interactive Guide for Alzheimer's and Dementia Caregivers in your hand like having the world in your arm, information in it is not ridiculous one particular. We can say that no e-book that offer you world within ten or fifteen moment right but this book already do that. So , it is good reading book. Hey Mr. and Mrs. hectic do you still doubt which?

Christopher Ray:

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