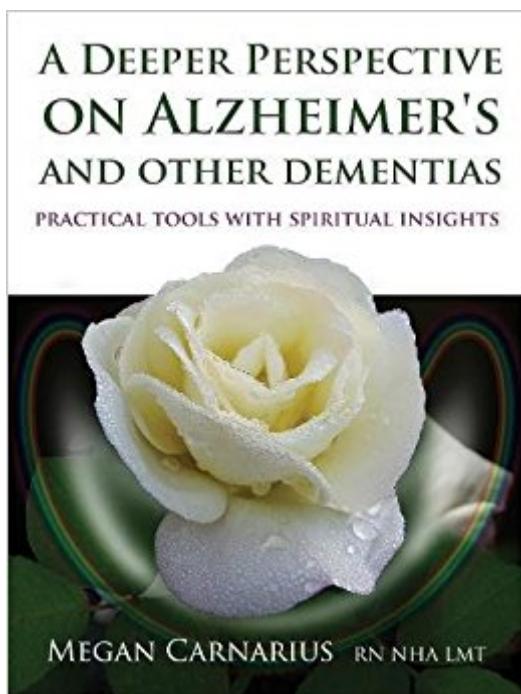


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# A Deeper Perspective On Alzheimer's And Other Dementias: Practical Tools With Spiritual Insights



## Synopsis

Soul-searing, life-testing situations have what some call "fall-out blessings." • This book is about understanding some of the deeper lessons we are exposed to through caring for individuals with Alzheimer's and other types of dementia. We all want a cure. But in the meantime, while this illness is still with us, how can we create a quality of life for each person in each stage of the disease? How can we look deeper into situations that, at first glance, look hopeless and destructive in order to find opportunities for insight, inspiration, and greater understanding of ourselves and those we love? How can we allow the full measure of the experience to unfold and be felt with as much of ourselves as we can bring to bear? We wish for people who care for those going through the difficult dementia journey that they strive, through the tumultuous waves, to remain awake and open to the blessings of a journey that opens our hearts, nurtures our compassion, and ultimately enables us to be better human beings. For those brave individuals living with memory loss illnesses, we wish that they be supported and allowed to live their experience fully in their own unique way, to express themselves, to love and be loved, and to be sheltered from harm. In later stages, they are no longer involved in mundane worldly existence and are in a deep, internal state that we as caregivers generally cannot reach into and share. Dementia has built a wall around them, as if they have entered a cloister. Rather than think of this wall as an imprisonment, Megan Carnarius views it as a final honoring of the life this individual has led and of the body or vessel that housed them. Allowed to "cocoon," it affords the time needed for the soul to attend to deeper aspects of the self on a spiritual level. So that, when ready, the individual can let go and be allowed to let go, when they know it's time. Coming from a rich professional background in caring, Megan Carnarius clearly outlines the different stages of dementia and highlights many practical aspects, suggesting accessible tools for caregivers, family and professionals alike. She also addresses the more subtle, spiritual dimensions of this illness with much compassion and understanding, offering new insights into hitherto little explored areas.

## Book Information

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## Customer Reviews

A Deeper Perspective on Alzheimer's and Other Dementias is unlike most other books on the subject in that it doesn't relate the predictable progression of Alzheimer's or the strain on caregivers, but focuses instead on how to create an improved quality of life for everyone affected, at each stage of the disease. It's highly recommended for caregivers and families dealing with dementia and shows how to cultivate a sense of love, life, and support in the process of caregiving, right up to the final stages of the disease. Megan Carnarius has a professional background in caring (as a registered nurse, licensed nursing home administrator, and massage therapist with some 25 years' experience running memory care facilities) and links the different stages of dementia to different aspects of its care, offering tools that embrace the spiritual implications and challenges of illness as much as the physical and psychological stresses involved. The result is far more wide-ranging than most, and a top recommendation (above most others) for the position of 'most practical, useful' guide, packed with tools caregivers need to know about.--D. Donovan, Senior Reviewer "Midwest Book Review "

Megan Carnarius , RN, NHA, LMT, is a published author and the owner of Memory Care Consulting, LLC. Megan has over 22 years in direct management of memory care settings in skilled and assisted living, with 33 years in geriatric nursing. She is a registered nurse (RN), a licensed nursing home administrator (NHA) and licensed massage therapist (LMT). Megan served on the Alzheimer's Association education committee, designed award-winning memory care facilities, and served as an adjunct faculty member at Naropa University. Megan recently launched her consulting practice. She provides building design & program consulting, care management and caregiving consulting to families and facilities, and lectures and training.

This book offers a rich, holistic, and positive perspective on a situation that can be unfamiliar and uncomfortable: dealing with a loved one who is suffering from memory loss, Alzheimer, or other progressive dementias. My mother (81) is in "the early stage" and knowing what to expect helps me tremendously. It gives me peace of mind and the feeling I can anticipate and handle the changes. If

you know Waldorf education, this is the Waldorf approach to caring for the elderly. Megan talks about a process of "excarnation" as they slowly unbind from the physical body and start to retreat into a different dimension. How do we continue to love someone we are no longer able to reach the way we used to? Lots of answers in this book, as well as practical tips and real life stories of someone who has a deep love and understanding of how to honor and assist people in their unique journey and soul evolution. I read this book in 2 afternoons, couldn't put it down.

This is a very positive and helpful book considering the overwhelming and often frightening topic of Alzheimer's disease. I have been hesitant to read books on the subject due to my mother's diagnosis of this dreadful illness in 2005. This book is full of information on how to best relate to the people we love but are no longer the people we used to know. Megan Carnarius presents her material in a comforting and compassionate way that leaves the reader with a sense of hope. I strongly recommend this book to anyone who is struggling to understand how we can love, help and accept the people who suffer from Alzheimer's disease.

If you have a family member with Alzheimer's. ... do yourself and other family members a favor. Buy this book. My dear friend's sister wrote it. It will help me be a better traveler on the journey my mother is taking us on as she moves through the stages of this awful disease. It helps open my eyes to ways to treasure our time together.

Amazing insights. A must read for caregivers, and those connected with care of the elderly. Family members of those with Alzheimers would find great comfort from the understanding, and perspectives provided. The examples included also provide significant practical suggestions for the care of the sufferers.

The author is obviously has considerable expertise in this field. In spite of her years of work in this field, where there has not been much progress in treatment, she retains interest in the human side of what patients and families are experiencing. She manages to normalize an illness that is often stigmatized.

A serious professional contribution to an accelerating challenge of our western society. Megan is a deeply gifted person. The aspects brought forth in this book are without doubt going to become an integrated part of the base values in our organisation. Thank you.

Product arrived on time and in good condition. It is an excellent book for anyone trying to understand the puzzling aspects of Alzheimer's disease. Great insights by this author, and gives hope to the ones who are dealing with caring for loved ones who are afflicted by this and any other dementia of the brain.

An excellent and very understandable guide on dementia and a compassionate look at both caregiving and the journey of the person with Alzheimers/dementia.

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