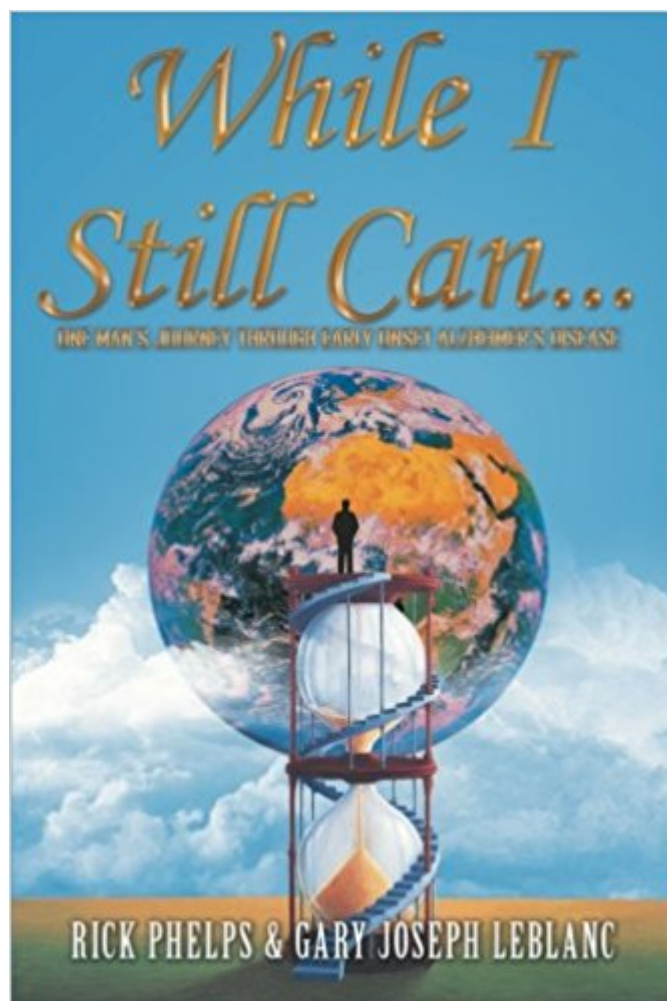


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# While I Still Can. . .



## Synopsis

Rarely does one get an opportunity to experience the nightmare that is Alzheimer's Disease from the perspective of the person who has been stricken with it. In his book, *'While I Still Can,'* Rick Phelps, the founder of *'Memory People,'* an online Alzheimer's and dementia support group, changes all of that. Diagnosed with Early-Onset Alzheimer's Disease in his 50's, Rick decided it was time the veil was lifted. Throughout this book the reader is given a firsthand account of: the early signs that Rick experienced, the loneliness he felt during the denial period of family and friends, the terror that gripped his heart upon receiving the undeniable diagnosis and, after the diagnosis, how he and his loved ones have learned to cope with this mind robbing and fatal disease. A real page turner, *'While I Still Can,'* affords an uncommon glimpse into the world of memory loss, while at the same time it tells the story of love, commitment, faith and courage in the face of a catastrophic disease.

## Book Information

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## Customer Reviews

As a professional in the long term care industry I was excited to read this book. I was not prepared for how much insight into all aspects of living with a diagnosis of dementia and living with someone who has dementia I would receive from one book. You get it all in a book that I would say should be mandatory reading for all healthcare professionals, family members and anyone who knows anyone with a diagnosis of dementia. I laughed a lot, cried a lot, but finished the book knowing that I not only was privileged to read such a moving story about an incredible man, but that I was given many insights and ideas on ways to be a successful caregiver. I literally could not put it down, but you will find that the book itself is set up with very short chapters so a busy caregiver can read it in the very

little spare time that they have. If you only read one book on how to be successful caregiver... this phenomenal book is the one you should choose.

This book conveys the message, truly, "you are not alone". The author is diagnosed at early age, I believe 59 or so with Alzheimer's. It is a shock to both he and his family and friends. It demonstrates some of the inappropriate questions asked by friends as well as his journey of decline as seen through his eyes, the eyes of his wife, his primary caregiver and his co-author. Even if your loved one does not have "early onset" of the disease, you will certainly identify with the trials, struggles, and emotions of all concerned. It literally touches upon all aspects of memory loss from driving, to sleeping, to restlessness, and includes some words of wisdom mostly from the group he formed, "Memory People" as well as others found on various books and web sites. If you are a caregiver, if for no other reason, this book will help you cope. It is not medical, nor profound, it is simply a good solid work of literature on the sacrifices, bravery, and patience required both of patients and caregivers alike. You will take solace in this journey; it is germane to everyone and anyone facing this illness, Highly recommended!

So full of great information. It is a must read if you are a caregiver to someone with Dementia/Alzheimer's. I couldn't put the book down and recommend it highly. I also joined the Facebook page that the book suggests and have received some great support from the people on this site. I am able to understand the different stages of this disease, and things that I may be facing down the road. I believe that we need to educate ourselves when we are caregivers, so that we are prepared for what we will be doing down the road. It also talks about when is it time to place your loved one in a Alzheimer's facility. It gives some great point in what to look for when you know it is time to place them in a facility. I found it so helpful and it makes me feel like I am going to be able to do this. I highly recommend buy this book for you or members of your family who are having a hard time in accepting that their family member has Dementia/Alzheimer's.

I just finished reading *While I Still Can*. It took me through Rick's journey as a Memory Impaired person as well as Mr. LeBlanc's as a caregiver. It's an easy read but very heart felt. I was my mom's care giver for 6 years and she is now in a nursing home. I sometimes laughed but mostly cried. I only wish I had this book 13 years ago. It is filled with invaluable information. Thank you Rick for your courage to share as I now have a better understanding of what my mom was feeling, something I was missing. I also know I still have more to learn and do. This is a must read for those

who are memory impaired and their care givers. Rick may God Bless you as you have Blessed us. I read on my Kindle and now i look forward to my hard copy. I will cherish it always.

This book was the result of collaboration between a patient with early onset dementia and a caregiver of 10 years. It is written in simple, easy to read short segments, making it possible for patients in the earlier stages of Alzheimer's to be able to read and process the information. The sections about caregiving were excellent. I wish I had known some of the things covered during my tenure as a caregiver. I am looking further into several topics, including "contagious dementia" and long term care insurance. I found I had several issues that I can now see are related to caregiving, followed by the passing, of my father. I intend to follow through with my doctor about some of them. I am so grateful for the insight I received from the pages of this book. Rick- thank you for sharing your story even when bad days and the inevitable march of the disease made it difficult. To your wife- may God bless you with courage and strength as your role as caregiver increases with the passing of time. Gary- 10 years can seem like a lifetime. I hope you have been able to move on and begin a new chapter in your life. I want to believe there is a special place in heaven for caregivers, those who give up everything to be everything for their loved ones.

I met Rick through the Memory People site on Facebook. We have shared much about this awfull disease called Alzheimer's. I was diagnosed with Early Onset Alzheimer's disease in the middle of February of this year. This book is a must read for anyone that has the disease or any friend, family member, or caregiver. Rick has touched on so many subjects in the book that are exactly what we as patience feel and deal with everyday. He has made awareness of this disease the key to what his book is about. I rode the emotional roller coaster with each turn of the pages. I cannot say enough about how at times I felt like Rick was talking about me personally and what I was feeling. I was happy to see that the chapters were kept short and the chapters stayed on topic. With my progression of the disease it is harder for me to comprehend long chapters. It was easy to read and I had no trouble with comprehending what was written. The insight from Gary was helpful also. It has made me think more about where I will be down the road as the disease progresses.

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