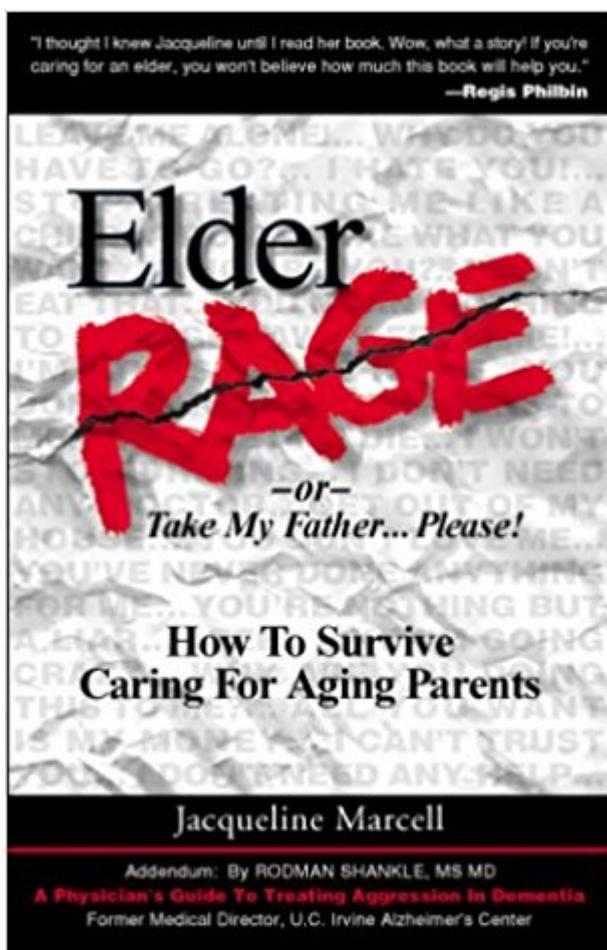


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# **Elder Rage, Or Take My Father... Please!: How To Survive Caring For Aging Parents**



## Synopsis

"Elder Rage" is a Book-on-the-Month Club selection (a caregiving book first), receiving 500+ 5-Star reviews. It is a riveting, often LOL humorous, non-fiction novel chronicling Jacqueline Marcell's trials, tribulations, and eventual success at managing the care of her aging parents. "Elder Rage" is also an extensive self-help book with creative solutions for effective management medically, behaviorally, socially, legally, financially, and emotionally of challenging elders who resist care. "Elder Rage" includes answers to difficult caregiving questions such as how to get obstinate elders to: accept cleaning and caregiving help, see a different doctor, give up driving, attend adult day care, eat, take medication, sleep and bathe properly, move to a new residence, and much more. Also an extensive Q&A section, valuable resources and recommended reading. The extensive addendum by renowned neurologist/dementia specialist, Rodman Shankle, MS MD: A Physician's Guide to Treating Dementia, helped make "Elder Rage" required reading at numerous universities for courses in geriatric assessment and management. It is also considered for a film. "Elder Rage" is endorsed by: Hugh Downs, Regis Philbin, Steve Allen, Ed Asner, Jacqueline Bisset, Dr. Harold Bloomfield, John Bradshaw, Pam Dawber, Fred de Cordova, Phyllis Diller, Duke University Center for Aging, Jerry Dunphy, Ken Dychtwald, Dr. Dean Edell, Betty Friedan, Leeza Gibbons, Dr. John Gray, Mark Victor Hansen, Julie Harris, Senator Tom Hayden, Institute for Successful Aging, Johns Hopkins Memory Clinic, Dr. Irene Kassorla, Janet Leigh, Art Linkletter, Ed McMahon, Hayley Mills, Jane Powell, Senator John D. Rockefeller IV, Dr. Bernie Siegel, Dr. Nancy Snyderman/ABC News, Robert Stack, Dr. Eric Tangalos/Mayo Clinic, Dr. Rudy Tanzi/Harvard Medical School, and the National Adult Day The final key was getting herself into a support group and getting her parents out of bed ("waiting to die") and enrolled in physical and emotional therapies at an Adult Day Health Care, which completely turned their lives around at 80 and 85. Marcell adds, "75% of dementia patients are cared for at home and sadly elder abuse is rising dramatically because families are unprepared for the frustrations. She believes that with education and the use of Adult Day Care, elder abuse can be reduced. The National Center on Elder Abuse published a very favorable review of Elder Rage in their national newsletter. Marcell emphasizes, "Dementia costs American business multi-billions of dollars a year--largely due to lost productivity from absenteeism of employees who must take time off to care for ailing loved ones. Everyone should know the ten early warning signs of Alzheimer's and the importance of getting the right help sooner than later." Marcell says she learned caregiving the hard way which is why she wrote her first book, "so that no one would ever have to go through what I did." Determined to make a difference, Marcell says her ultimate goal is to help change our eldercare laws." She laughs, "I have an ulterior motive--I don't have children, so I've got

to help straighten things out before I get there!

## Book Information

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## Customer Reviews

"I thought I knew Jacqueline until I read her book. Wow, what a story!" -- Regis Philbin "Jacqueline tackles that part of life that most think will never happen and shocks us out of our denial..." -- Dr. Dean Edell "Jacqueline's story and style of writing will surely grab a large readership." -- Hugh Downs "Your warmth, humor and courage in tackling this sensitive topic, speaks volumes for your strength and character." -- Erin Brockovich "Jacqueline's heart-warming account of the love she gives her parents touched my heart. This is must-reading for Baby Boomers." -- Leeza Gibbons "Delightfully written with wit and compassion, this firsthand drama is a primer for anyone with aging parents." -- Ed Asner "There's nothing like a real life story by someone who's been there" "done that. This is a gripping true story that will make you cry and laugh." -- Phyllis Diller

If you're caring for an elderly loved one and find the task daunting, you're in the same position Jacqueline Marcell found herself. She gave up her career as a television executive, went through 40 caregivers and cried rivers for a year before solving the endless crisis medically, behaviorally, socially, legally, financially and emotionally. Passion to save others from a similar experience resulted in her first book, "Elder Rage", a Book-of-the-Month Club selection receiving 50 prestigious endorsements, over 300 5-Star reviews, is required reading for courses in geriatric assessment and management, and being considered for a film. Delivered with a humorous tone to make a tough

subject palatable, Marcell relates how she fought through an unsympathetic medical system and endured her "Jekyll & Hyde" father's wrath, until she finally found help for him and her ailing mother. What she didn't understand was that his deeply engrained life-long negative behavior pattern of yelling to get his way (though never at her before), was becoming intermittently distorted with the onset of dementia, namely--Alzheimer's. Marcell points out that not everyone becomes aggressive with dementia, and that her mother was sweet and lovely before and after her Alzheimer's diagnosis. Statistically families (and doctors who are not dementia specialists) ignore early warning signs because they incorrectly believe that intermittently odd behaviors are just stress and a normal part of aging. Marcell says, "By the age of 65, one out of every eight has some form of dementia, and by the age of 85, nearly one out of every two. Surprisingly, the fastest growing segment of our population is the 85+ group." Marcell says her mission is to "spread the word about the importance of early diagnosis of Alzheimer's to 77 million baby boomers who are in denial until a crisis." She wants everyone to know that with proper treatment, dementia symptoms can be masked/slowed, keeping the person independent longer. "Seeking help early can save families so much heartache and money, and save our society the burden of caring for so many who decline sooner than need be." The Alzheimer's Association reports that by delaying the onset of A.D. for five years, the U.S. could save \$50 billion in annual health care costs. Even a one-month delay in nursing home placement could save \$1 billion a year. Marcell says, "It's really very simple: When your loved one does something that strikes you as illogical or irrational--it is! You don't need to have a Doctorate degree to know something is wrong--you need the right Doctor who can diagnose and treat dementia properly." Marcell credits the Alzheimer's Association for referring her to a neurologist specialized in dementia who after a battery of tests uncovered her father's early stage Alzheimer's, while all of his other healthcare professionals missed it entirely. He prescribed medication to slow the dementia and improve her father's cognitive functioning (Aricept, Exelon, Razadyne, Namenda), and treated the aggression and (often-present) depression. After balancing with optimal nutrition and therapies, Marcell implemented her own 'Elder Behavior Modification 101', and succeeded in turning around her father's nasty behaviors the majority of the time. And when that didn't work she used distraction, redirection, reminiscence and validation... but discovered the offer of his favorite ice cream worked the best to get him in the shower--even as he swore a blue streak at her that he had just taken one yesterday (actually a week ago). The final key was getting herself into a support group and getting her parents out of bed ("waiting to die") and enrolled in physical and emotional therapies at an Adult Day Health Care, which completely turned their lives around at 80 and 85. Marcell adds, "75% of dementia patients are cared for at home and sadly elder abuse is rising

dramatically because families are unprepared for the frustrations. She believes that with education and the use of Adult Day Care, elder abuse can be reduced. The National Center on Elder Abuse published a very favorable review of Elder Rage in their national newsletter. Marcell emphasizes, "Dementia costs American business multi-billions of dollars a year--largely due to lost productivity from absenteeism of employees who must take time off to care for ailing loved ones. Everyone should know the ten early warning signs of Alzheimer's and the importance of getting the right help sooner than later." Marcell says she learned caregiving the hard way which is why she wrote her first book, "so that no one would ever have to go through what I did." Determined to make a difference, Marcell says her ultimate goal is to help change our eldercare laws." She laughs, "I have an ulterior motive--I don't have children, so I've got to help straighten things out before I get there!"

I read this book when my mother was suffering from dementia. It helped a great deal. I have ordered several times now for friends who are going through the difficult time of caring for loved ones who have Alzheimer/dementia and they have expressed how much this book helped them. I particularly like that there is some humor interjected in the writing since those who face these times know that you must sometimes find a little humor in challenging times. It is so well written and so true to the subject. A must read if faced with caring for someone.

My mother suffers from Vascular Dementia. I have been her main caregiver since Dad passed away several years ago and she directs all her anger and frustration at me. This book has really made me rethink how I interact with her. It is very well written: informative, funny, and tender. I highly recommend this book to caregivers- it is a must read!

BEST BOOK EVER for anyone dealing with aging parents and the myriad of issues that they experience. Very insightful and funny. Makes you realize you are NOT ALONE in this journey.

Ms Marcell's book is helpful in that anyone going through a similar situation can find some parallels and insight into the world of dementia. This story will tear at your heartstrings with all the obstacles that are overcome in the lives of parents, daughter, and caregivers! You realize too that some challenges are much worse than your own. Thankful that God has spared us the worst so far.

Dealing with my mum, who has Lewy Body Dementia, and reading many other books, I was at first put off by the humor in this book; however, I realized that without the humor it would have been rife

with stress, worry, and a completely different story - one that would be hard to plow through. With dementia, a caregiver and the family needs to hold on to their humor for their own sakes, and this book helps. Ms. Marcell's situation was, in many ways, parallel to mine own - parent(s) living many miles away and not doing well. Fortunately, she was able to journey to them and help them for 9.5 months, while struggling to figure out (and, believe me, it's not as simple as some may believe) how best to help her mum and dad. She uses humor to cope, as we do, as well. There are elements of the story which struck me as brilliant (club on the steering wheel, for one) and others I understood her frustrations with (an unhelpful medical community). Knowing someone else is ) struggling with the complex issues that arise takes some burden off the reader's shoulders, insofar as understanding they are not alone in this fight. There are naysayers in these reviews, but there always are - some are just happy to be malcontent. Looking for the love and the possibility of becoming a parental caregiver and meeting their wishes isn't easy, and no one does it perfectly (how can they when the parents seem to forget what they wanted!). Yet, Ms. Marcell is able to help her parents stay in their home for quite some time (which we were unable to accomplish), and is such a ball of energy I found myself agape at what she was able to achieve. This is a wonderful handbook, full of lessons made easy through the pitfalls and triumphs of the author and her cohorts; the lessons keep coming while the humor tickles and resorts in out-loud laughter (at least for me) when she hits home. I highly recommend this book for those who are trying to accomplish the same herculean feat, as well as others who may be facing the possibility of dealing with their parents. Had I read this six years ago, perhaps we'd be in a different place, now. Yet, I can recommend it to others in hopes it will allow them insight into the nightmarish world of caregiving and dealing with dementia. She even has resources that will help the reader/caregiver, as well. A fine job!

Once I found time to read this wonderful book, couldn't put it down. Not only is it informative, it is well written and entertaining. I've been a full time caregiver since 2000 + prior pt (assisted father with care of Mother since 1994 until his death in 1999) . I am currently caring for Mother who survived 2 strokes (Max assist transfers) and also has multiple physical and psychological challenges. I wish I had this book years ago as I know my marriage and every aspect of my personal life and health would not have suffered as severely. Like most caregivers, I had no idea who to handle the situation in the beginning and didn't expect for Mother's condition to worsen and require so much sacrifice from my husband and I. I'm now in the midst of preparing paperwork for respite and adult daycare, neither of which I knew existed before reading this book. Caregivers: Taking precious time from your busy schedule to read this book is worthwhile because YOU, caregiver are worthwhile. Jacqueline,

thanks for writing this awesome book, much love,Laura

This is a very good book and I highly recommend it. My family has had direct experience with dementia amongst family members and I can definitely relate to the experiences in this book. It brings into focus many of the issues anyone coping with dementia will face - the frustration with doctors and others who simply do not understand, the uncanny ability of the demented person to appear perfectly 'normal' to others, and many other aspects of the situation that sometimes leave one wondering who is the ill person. Jacqueline has my deepest admiration for the way she coped with her parents in very tough times. Well written in humorous and readable style. Well done!

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