

A Most Meaningful Life
my dad and Alzheimer's



a guide to living with dementia
Trish Laub

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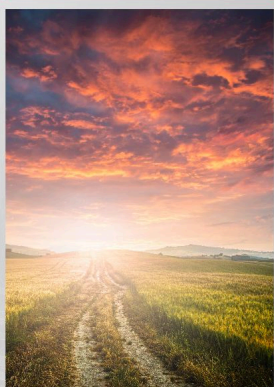
a guide to living with dementia

A Most Meaningful Life tells the story of a daughter's journey through Alzheimer's disease with her father, from her initial awareness of his diagnosis to navigating his care and helping him achieve the good death that we all deserve. It is the story of how Alzheimer's affected her father's life and the lives of those who loved him, as well as the story of her family's successes and failures throughout the journey. With her family's efforts, creativity and desire to preserve their father's quality of life for over a decade, he continued to truly live a meaningful life through his final days.

Through the story of her journey, the author offers a new perspective, the determination that even with Alzheimer's, the possibilities are limitless. With a clear philosophy and the creation of a strategy, others can have a roadmap to navigate their loved one's journey so that they have "A Most Meaningful Life."

Page Count: 164 **Format:** Softcover **Trim:** 5.5 x 8.5 **Price:** \$21.95

Peaceful Endings
guiding the walk to the end of life and beyond



steps to take before and after
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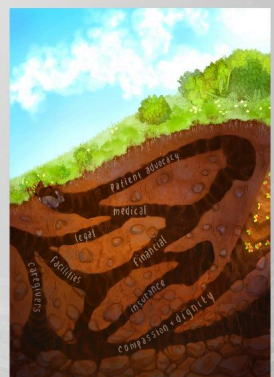
guiding the walk to the end of life and beyond

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The topic "no one wants to talk about," end of life and beyond, is exactly what Peaceful Endings addresses. Many times the end of life is preceded by illness and caregiving, and may also include a variety of crises, as life changes and decisions must be made quickly. Whether proactively preparing for the end of life, or facing it imminently, there are medical, legal, financial, insurance and care decisions to be made, each with its own specific language. The author walks the reader through the terminology, the choices and the process of the end of life. The author also details what must be done after the transition, and provides perspective on stepping into a new normal after a loved one's life has ended.

Page Count: 214 **Format:** Softcover **Trim:** 5.5 x 8.5 **Price:** \$21.95

Through the Rabbit Hole
navigating the maze of providing care



a quick guide to care options and decisions
Trish Laub

Through the Rabbit Hole

navigating the maze of providing care

a quick guide to care options and decisions

Through the Rabbit Hole is exactly the reference book that the author needed for quick access to information during her experience providing care for her ill parents. It wasn't available for her, so she has written it for all the families and caregivers who are now beginning their journeys. Her parents' medical crises caused her to fall down the rabbit hole and into the maze of unfamiliar options and decisions. Having emerged from the maze, the author details the complexities of caregivers and facilities, the need for patient advocacy, as well as the medical, legal, financial and insurance aspects of care. With the end goal of compassionate and dignified care, this book, a wonderful companion to A Most Meaningful Life, is a beacon through the maze of care.

Page Count: 316 **Format:** Softcover **Trim:** 5.5 x 8.5 **Price:** \$24.95

Books available at www.TrishLaub.com and Amazon.com. Sets are offered at a discount. Contact Trish for bulk orders.

Trish Laub
Author | Consultant | Speaker

Trish Laub is an author with expertise on living with dementia and navigating the maze of care options and decisions for dignified care through end of life. Derived from the full-time care of her parents, Trish provides the clear, concise and actionable advice needed to thrive through the caregiving process.



Comfort
in their Journey™

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