



Alzheimer's Disease and Other Dementias: The Caregiver's Complete Survival Guide

Nataly Rubinstein

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When Nataly Rubinstein's mother was diagnosed with Alzheimer's disease in 1994, she quickly realized that the diagnosis was only the "tip of the iceberg." Finding the emotional and financial resources to meet her mother's needs was a labor of love that impacted Nataly's entire family, requiring Nataly to reach beyond commitment to a reservoir of perseverance deep within her heart. As a licensed clinical social worker, Nataly reaches out to others as a professional Alzheimer's Coach and Dementia Strategist. Her comprehensive "Survival Guide for Caregivers" shares the insight and expertise of a certified geriatric care manager who has been there...

About the Author:

With decades of both personal and professional experience as a caregiver, Nataly Rubinstein is a Dementia Strategist and Alzheimer's Coach. A certified geriatric care specialist and licensed clinical social worker, she operates Alzheimer's Care Consultants (www.AlzheimersCareConsultants.com) in Miami Beach, Florida, where she provides specialized services for individuals and families coping with dementia.

Nataly's work reaches beyond her private practice into the surrounding community, where she presents educational seminars and workshops for caregivers. She committed to serving families in both urban and rural areas and works closely with multicultural populations in a wide variety of clinical settings, including acute care, home care, day care and long-term care.

Prior to establishing her consulting firm, Nataly gained valuable professional experience at The Wien Center for Alzheimer's Disease and Memory Disorder at Mount Sinai Medical Center, where she provided psychosocial assessments, neurological testing and case management services. As a member of the Center's multidisciplinary team and a coordinator for its "Caregiver Educational Series," she also served as a facilitator for the Miami Beach community's Alzheimer's Association Support Group.

On a deeply personal level, Nataly experienced the ravages of dementia first-hand as the primary caregiver for her mother, who was diagnosed with Alzheimer's disease in 1994. For 16 years, Nataly worked diligently to provide compassionate, dignified in-home care for her mother, while at the same time balancing the needs of her children. Reaching out to millions of caregivers across the United States and Canada, Nataly now draws on her own experience to provide a comprehensive guide for families in similar circumstances, especially underserved populations. In this fashion, "making life easier" for others has become Nataly's life mission.

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