



# The Essential Carer's Guide to Dementia

*Mary Jordan*

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## **The Essential Carer's Guide to Dementia** Mary Jordan

Dementia may be progressive and incurable, but there is much that can be done to make life easier for people with the condition and for their carers. This book is about how to do just that, from diagnosis on. Mary Jordan has been supporting people with dementia and their carers for seven years while working for a national charity. Drawing on that experience, *The Essential Carer's Guide to Dementia* explains what people want to know about the condition and what Mary has found to be most helpful in managing its effects. Non-prescriptive and not restricted to any fixed programme, practical advice offered here can be used flexibly and selectively, as the individual requires. As Mary Jordan says, for each person the experience is unique.

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