



**North Shore
Community Resources**

Connecting You to Community Services!

Review: “Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss” by Leeza Gibbons, James Huysman, and Rosemary DeAngelis Laird

Adapted from www.takeyouroxygenfirst.com (2010)

Written for those giving care to individuals with Alzheimer’s disease and other memory loss disorders, *Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss* is an informative and inspiring guide to taking care of yourself in order to meet the challenges of giving care to another. Heartfelt, candid accounts by television and radio host Leeza Gibbons and the members of her family – who cared for their mother Jean for more than a decade after her diagnosis with Alzheimer’s disease- are combined with current medical, nutritional, psychological and spiritual information and advice for caregivers.

In *Take Your Oxygen First*, Leeza Gibbons introduces you to her family, including her father Carlos, Sr., her sister Cammy, her brother Carlos, and his wife Anne Marie, and all of their kids, and each of them shares with you their intimate experiences in giving care to Jean, in the hope that everyone taking care of a loved one can learn to take their oxygen first.

This book is available for a free, three week loan from the NSCR Resource Library for those registered with the Caregiver Support Program.