



# **Your Name Is Hughes Hannibal Shanks: A Caregiver's Guide to Alzheimer's (Bison Book)**

*Lela Knox Shanks*

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*Your Name Is Hughes Hannibal Shanks* is Lela Knox Shanks's personal account of caring for her husband, Hughes, in their home after he was stricken with Alzheimer's disease. Lela describes her initial denial, her discovery of coping skills, her eventual acceptance of his illness, and her ultimate recognition that the key to successful caregiving lies in never losing sight of the patient's humanness. The book outlines twenty coping and survival strategies to guide caregivers to untapped inner resources and shows caregiving's intangible rewards of increased self-respect and self-knowledge.

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