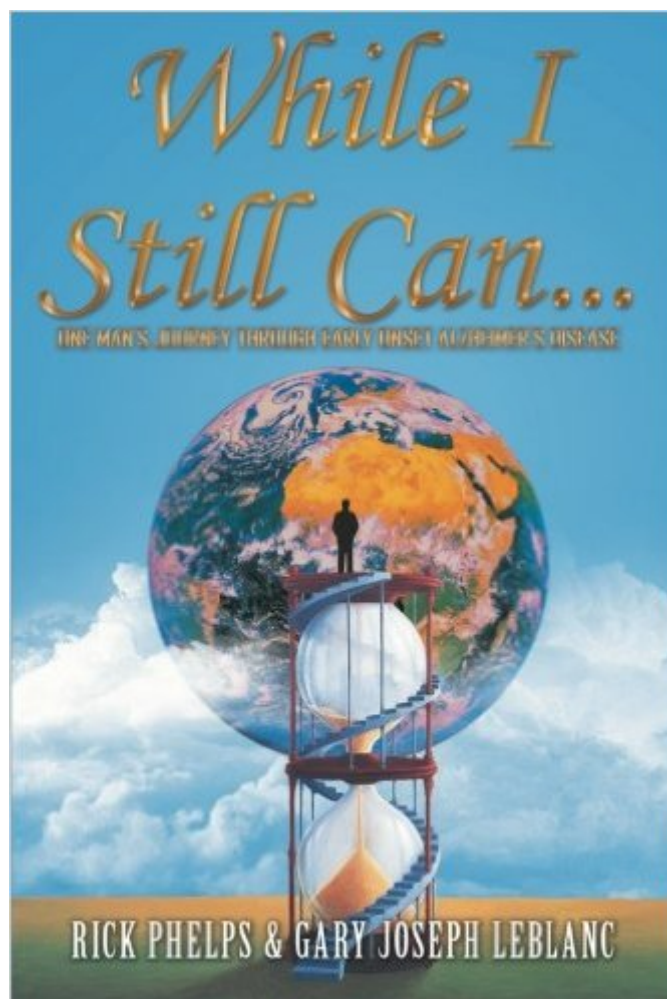


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# While I Still Can. . .



## Synopsis

Rarely does one get an opportunity to experience the nightmare that is Alzheimer's Disease from the perspective of the person who has been stricken with it. In his book, *'While I Still Can,'* Rick Phelps, the founder of *'Memory People,'* an online Alzheimer's and dementia support group, changes all of that. Diagnosed with Early-Onset Alzheimer's Disease in his 50's, Rick decided it was time the veil was lifted. Throughout this book the reader is given a firsthand account of: the early signs that Rick experienced, the loneliness he felt during the denial period of family and friends, the terror that gripped his heart upon receiving the undeniable diagnosis and, after the diagnosis, how he and his loved ones have learned to cope with this mind robbing and fatal disease. A real page turner, *'While I Still Can,'* affords an uncommon glimpse into the world of memory loss, while at the same time it tells the story of love, commitment, faith and courage in the face of a catastrophic disease.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (160 customer reviews)

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## Customer Reviews

As a professional in the long term care industry I was excited to read this book. I was not prepared for how much insight into all aspects of living with a diagnosis of dementia and living with someone who has dementia I would receive from one book. You get it all in a book that I would say should be mandatory reading for all healthcare professionals, family members and anyone who knows anyone with a diagnosis of dementia. I laughed a lot, cried a lot, but finished the book knowing that I not only was privileged to read such a moving story about an incredible man, but that I was given many insights and ideas on ways to be a successful caregiver. I literally could not put it down, but you will find that the book itself is set up with very short chapters so a busy caregiver can read it in the very

little spare time that they have. If you only read one book on how to be successful caregiver... this phenomenal book is the one you should choose.

I met Rick through the Memory People site on Facebook. We have shared much about this awful disease called Alzheimer's. I was diagnosed with Early Onset Alzheimer's disease in the middle of February of this year. This book is a must read for anyone that has the disease or any friend, family member, or caregiver. Rick has touched on so many subjects in the book that are exactly what we as patients feel and deal with everyday. He has made awareness of this disease the key to what his book is about. I rode the emotional roller coaster with each turn of the pages. I cannot say enough about how at times I felt like Rick was talking about me personally and what I was feeling. I was happy to see that the chapters were kept short and the chapters stayed on topic. With my progression of the disease it is harder for me to comprehend long chapters. It was easy to read and I had no trouble with comprehending what was written. The insight from Gary was helpful also. It has made me think more about where I will be down the road as the disease progresses.

Once I picked this book up and started reading, I could not put it down! I found it easy reading, full of information, and giving special insight into what goes on in the minds of people starting out on the journey of Alzheimer's Disease. I love that it gives information from the perspective of both the person with AD and the caregiver. It is hands down, the best book I've read about AD; very educational and REAL. I truly think it should be required reading for everyone walking this awful journey, both patients and caregivers alike. Thanks to the Phelps family for sharing so openly. And thanks to Gary LeBlanc, for sharing the insight he found in his journey as caregiver for his father. Their joining in the endeavor is a true touch of genius! Awesome book!

I just finished reading *While I Still Can*. It took me through Rick's journey as a Memory Impaired person as well as Mr. LeBlanc's as a caregiver. It's an easy read but very heart felt. I was my mom's care giver for 6 years and she is now in a nursing home. I sometimes laughed but mostly cried. I only wish I had this book 13 years ago. It is filled with invaluable information. Thank you Rick for your courage to share as I now have a better understanding of what my mom was feeling, something I was missing. I also know I still have more to learn and do. This is a must read for those who are memory impaired and their care givers. Rick may God Bless you as you have Blessed us. I read on my Kindle and now I look forward to my hard copy. I will cherish it always.

We are walking this journey of memory impairment with my Mother in law, who was diagnosed with Alzheimer's 2 years ago. I've never known anything like this disease, the pain of seeing her lose herself, and of having to let go little by little.. when she's still there. Rick's words have helped me understand what she's going through, what she's feeling, and it's made me a better caregiver. If you or a loved has been touched by a memory impairment or if you are in a job of providing care to someone with a memory impairment, I can't recommend this book enough. Through the tears and the laughter, Rick explains what he's feeling, and the description of what he is experiencing has brought a connection for me to my Mom in law that I would have never found. She's going farther into the darkness of memory impairment all the time, but this book has helped me find ways to go with her, to meet her needs, and find love and meaning together. At the end of the book are several chapters by Gary LeBlanc, a caregiver for over 10 years to his father, diagnosed with AD. They are full of pertinent, helpful and timely information and tips that only one who has walked this can give. This is a must read, a moving story, and a resource book to go back to again and again. Highly recommended!

"While I Still Can" by Rick Phelps and Gary Joseph LeBlanc provides a rare view of what it's like to have Early Onset Alzheimer's Disease (EOAD) from Rick Phelps, who suffers from EOAD himself. Diagnosed in his late 50's, Phelps describes the frightening effects of the disease prior to diagnosis upon his job as a paramedic. His co-author, Gary Joseph LeBlanc, cared for his own father during his dad's 10 year battle with Alzheimer's. Together, they give caregivers and others both a glimpse of what it's like to have the disease, and what it's like to care for a person with the disease. Between the two of them, they give the reader a level of insight and understanding few books can match. I have read books from the caregiver's point of view and from the point of view of the person with Alzheimer's, but never one from both. The unique insight this book provides make it a "must read" for caregivers, families and professionals. I highly recommend it. Ellen Woodward Pottsco-author, "A Pocket Guide for the Alzheimer's Caregiver"

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