



**The 36-Hour Day, fifth edition: The 36-Hour Day:  
A Family Guide to Caring for People Who Have  
Alzheimer Disease, Related Dementias, and  
Memory Loss (A Johns Hopkins Press Health  
Book)**

*Nancy L. Mace, Peter V. Rabins*

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Originally published in 1981, *The 36-Hour Day* was the first book of its kind. Thirty years later, with dozens of other books on the market, it remains the definitive guide for people caring for someone with dementia. Now in a new and updated edition, this best-selling book features thoroughly revised chapters on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option.

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