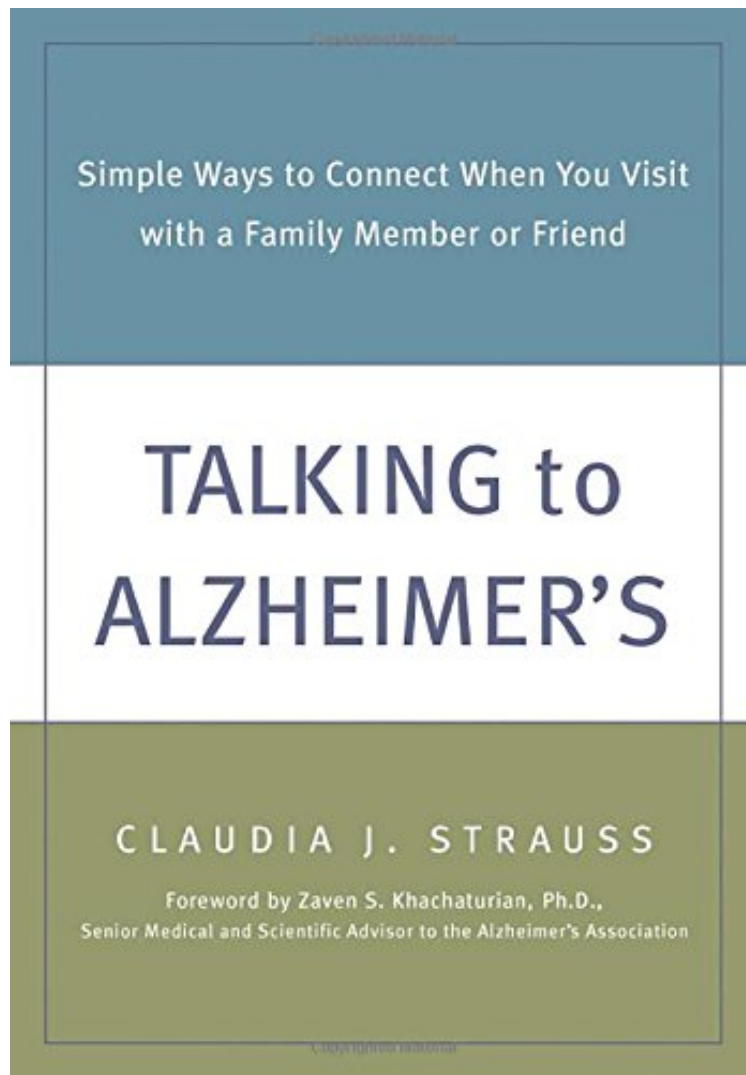


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## Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend

*Claudia J. Strauss*

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**Claudia J. Strauss : Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend** before purchasing it in order to gage whether or not it would be worth my time, and all praised Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend:

3 of 3 people found the following review helpful. excellent book for learning how to visit with someone who has alzheimer'sBy AngieI am a paid companion for people who have alzheimer's disease. This is a treasure of a little book

which I am delighted I discovered. It covers seldom addressed subjects on exactly how to approach lots of situations that come up when visiting friends and family members who have Alzheimer's or other dementias, especially when they live in a long term care facility. It covers the reasons most people have for being uncomfortable when they try to visit, and offers real, practical solutions. And it has a very helpful separate index in the back where you can scan for exactly the situation you need help with. It covers topics difficult to find information on - and the author is excellent at explaining her suggestions. PLEASE visit your friend or family member - it means an incredible amount to them and their caregiver/spouse. It really is a skill that can be learned, and you will become comfortable in the situation. The victim of the disease and their spouse/caregiver is usually abandoned by all social friends and most all family they have as the disease progresses. They both need to feel you love and friendship - it will make their day in a way you can't imagine. The person with Alzheimer's DOES know you have visited - they may not remember it, but they benefit greatly from it because it leaves a warm feeling inside them that helps them make it through one more day. 1 of 1 people found the following review helpful. Talking to Alzheimer's: Simple Ways to Connect When You Visit...By a fellow seerThe foreword explains why the book seems disjointed and jumps all over the place. It's sort of like opening up to a page or chapter, and just reading from there. Whatever the heading is, if it relates to you at that particular time, read that part. This book was recommended to me by a fellow forum member on the ALZ.org message boards, and I found it somewhat helpful. In the end, this is a disease that we simply have no control over, about as much control as the person who actually has it. But we have this need to have some control or assurance over any given situation, so some will find themselves gripping this book and earmarking pages and reminding themselves to have patience and to stay strong. It's not an easy disease, I don't know if it's worse for those going through it or those who are caregivers and relatives witnessing the deterioration in progress. It's not a magic key, just a book. Keep that in mind. 0 of 0 people found the following review helpful. Great Information!By MarieExcellent information. This book should be read and shared by both professional and home caregivers.

Alzheimer's can have a devastating impact on a patient's close relationships and all too often, family members and friends feel so uncomfortable that they end up dreading visits, or simply give up trying to stay in contact with the patient. This book offers a wealth of practical things you can do to stay connected with the Alzheimer's patient in your life. It offers straightforward suggestions and invaluable do's and don'ts, with advice on everything from dealing effectively with the inevitable repetition that occurs in conversations with an Alzheimer's patient to helpful strategies for saying no to unrealistic demands. It also includes thoughtful tips to remind you to take care of your own feelings and suggestions for helping children become comfortable with visiting an Alzheimer's sufferer.

.com Few books manage to balance practical suggestions and loving sympathy as well as Talking to Alzheimer's, a concise and comprehensive guide to communication with both paid caregivers and their patients. While the title suggests focus on a specific disease, the recommendations are appropriate for any family struggling with serious communication issues, whether those issues are the result of stroke, surgery, disease, or an accident. Much of the book discusses methods of easing conversation during visits, as well as ways to manage the emotions that can surface in difficult times. From asking open-ended questions like, "How did your day go?" to gently reintroducing yourself to lifelong friends, the pointers here are written with kindness, and they focus on maintaining dignity for all involved. Short sections include tips on involving children in your visits and a welcome list of resources that spans organizations, Web sites, and additional books; this straightforward advice even includes expected response time to Web site inquiries. Instead of an index, you'll find a list of topics, so you can find immediate answers on "ending a conversation" and "when to insist." One lengthy chapter covers the heartbreakers, such as dealing with refusals to eat or listening to tearful requests to be taken home. Author Claudia Strauss acknowledges the difficulty of these situations honestly, while at the same time providing simple words that can help diffuse the issues and open the path for joyful visits that benefit everyone involved. --Jill Lightner This is a clearly written and comprehensive book that addresses the common and uncommon issues that arise in caring for someone with Alzheimer disease. It is practical and never condescends. I highly recommend it to anyone who has loved one suffering from dementia. Peter V. Rabins, M.D., Professor of Psychiatry, The Johns Hopkins University School of Medicine, and author of The 36-Hour Day