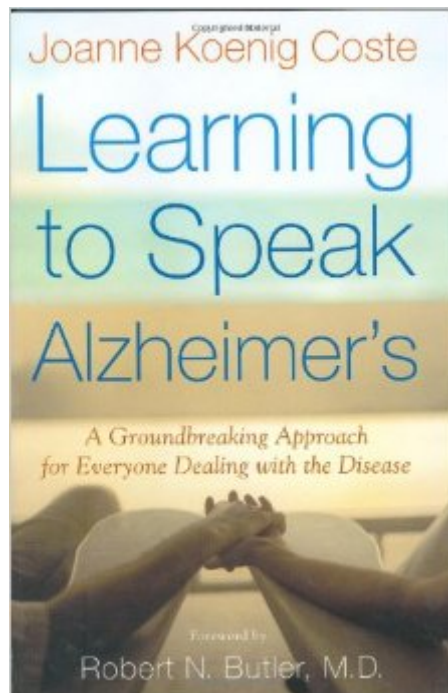


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# Learning To Speak Alzheimer's: A Groundbreaking Approach For Everyone Dealing With The Disease



## Synopsis

Joanne Koenig Coste, now a renowned pioneer in implementing positive methods of caring for Alzheimer's patients, began to develop her groundbreaking approach when her middle-aged husband was diagnosed with progressive dementia shortly after the birth of her fourth child. As she struggled to care for him and their family, she recognized that it was possible to avoid some of the tremendous emotional burdens Alzheimer's patients and their care providers endure during the course of the disease. In this book Koenig Coste explains the five tenets of her "habilitation" approach, an accessible and comprehensive plan proven to have worked with thousands of patients and care providers. Refuting long-accepted ideas, she calls for care "partners" to join patients in their current sense of place or time; to encourage patients to use their remaining skills to support their sense of independence and dignity; and, most of all, to continue communicating with patients by focusing on their emotional "language." Learning to Speak Alzheimer's also offers hundreds of practical tips to ease life for everyone involved with Alzheimer's, including how to- cope with the diagnosis and figure out if the patient wants to discuss it - respectfully stop the person from driving - make meal and bath times as pleasant as possible - adjust room design and lighting for the patient's comfort - deal with wandering, paranoia, and aggression - establish a plan of care Learning to Speak Alzheimer's revolutionizes the way we perceive and deal with Alzheimer's disease.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (296 customer reviews)

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## Customer Reviews

This is a very readable book written by the wife of a man who developed Alzheimer's disease at a young age, when their children ranged from infancy to age 12. She taught herself to cope with his condition, and now lectures and advocates for the patients, the caretakers of the patients, and their

families. The book is strong on the day to day care of the demented patients, how to help them stay engaged with the world, how to help them retain speech and their remaining abilities as long as possible. She sees them as people for as long as they live, and wants their families, caretakers and society to see them that way too. It is very strong in its compassion and loving good heartedness, and in seeing these demented, often paranoid, confused, sometimes combative persons as the person he or she once was, not as they seem to be now. She brings up excellent points: that no longer do experts try to bring the disoriented or confused person "back to reality", for example, if a patient thinks her father who died in 1950 visited her don't argue or try to "re-orient" her on this subject. It is not worth upsetting the person, has no long term value, and needlessly confuses and worries the person. The same with combative behavior, in most cases a change in subject, or distraction, rather than physical overpowering or medical sedation is better, more kind and gentle, and keeping a log of what triggers such behavior can defuse it in the future. This book does have some problems for me, as a caretaker for a parent with early dementia. The author seems to assume the caretaker has no other job, or life for that matter, and that there are others to pitch in and help with the caretaking chores, and funds to hire helpers.

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