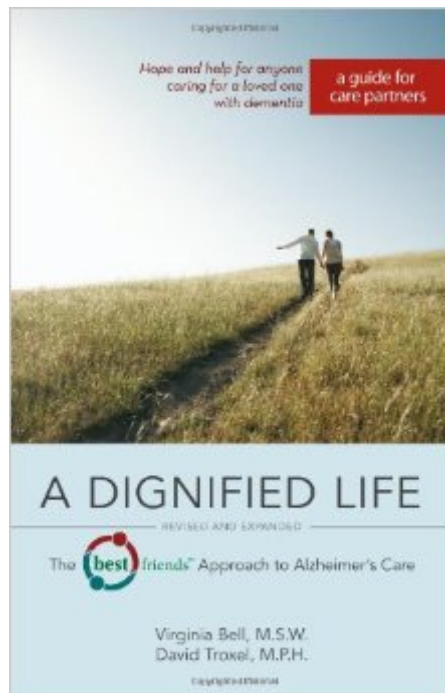


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# A Dignified Life: The Best Friends™ Approach To Alzheimer's Care: A Guide For Care Partners



## Synopsis

More than 5 million Americans are currently living with Alzheimer's disease or a related form of dementia. By the year 2030, experts estimate that as many as 66 million people around the world will be faced with this life-altering disease. Unfortunately, these staggering statistics impact millions of caregivers, too. Compared with all types of caregivers, those who assist someone with dementia experience the highest levels of burnout, depression, poor health, and premature death. *A Dignified Life, Revised and Expanded* offers hope and help with a proven approach. Ten years ago, the first edition of *A Dignified Life* changed the way the caregiving community approached Alzheimer's disease by showing caregivers how to act as a Best Friend to the person, finding positive ways to interact even as mental abilities declined. Firmly grounded in the latest knowledge about the progression and treatment of dementia, this expanded edition offers a wealth of immediately usable tips and new problem-solving advice. It incorporates practical ideas for therapeutic activities including the latest brain-fitness exercises stimulate the brain while adding structure, meaning, and context to daily routines. With new stories and examples as well as an updated resources section, *A Dignified Life, Revised and Expanded* gives caregivers the support and advice they need to be successful and inspired in their demanding roles. While medical treatment of the disease hasn't changed in the past ten years, our understanding and awareness of treating people in a more caring way has changed substantially. With no cure on the immediate horizon, respectful care by effective and compassionate care partners is the only real "treatment" available to people with dementia. The Best Friends Approach is successful because it sustains people's connection to their world, their loved ones, and themselves. It's a universal program which has been embraced by professional and family caregivers throughout the United States, Europe, Asia, the Middle East, and South America. In its revised form, *A Dignified Life* offers caregivers an antidote to the burnout and frustration that often accompanies the role of caring for a person with Alzheimer's and dementia. Rather than struggling through a series of frustrations and failures, *A Dignified Life* shows the new generation care partners how to bring dignity, meaning, and peace of mind to the lives of both those who have Alzheimer's and dementia and those who care for them.

## Book Information

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## Customer Reviews

I've never gone through anything more challenging than caring for someone I love with dementia. I had an opportunity to hear David Troxel in person at the Central Ca Women's Conf a few years ago. His experience in the industry of Alzheimer care is incredibly insightful & helpful to those he has taught on the subject. I'll forever be grateful for his words of encouragement, hope & insights into the world of Alz a form of dementia. This book will give you the emotional tools you need to handle the overwhelming & unimaginable experiences that come your way thru this challenge by reminding us of human dignity & the approach that's so easy to grasp because it's exactly how we hope to be treated if we are diagnosed with a form of dementia. I don't think David Troxel mentions it in this book, but at the conference you find out that he had both his parents diagnosed with Alz, so while he has been in the industry for over 30 years he is also personally acquainted with having a loved one diagnosed with dementia. Give yourself the emotional tools you need by reading this book!

My mother in law is suffering from alzheimers. The family is very confused on how to understand the changes and how to handle them. This book was helpful in getting a glimpse into her world, and how to help her through this awful disease

Very usable information and does a good job of explaining the role change that must take place to build the therapeutic relationship between the patient with dementia and their loved one and/or care provider. I recommend this book to all people who work with persons with dementia.

Good ideas for care givers, gave me a lot of ideas on how to engage with my father. Ex. Instead of asking where he went on vacation, feed him questions like did you enjoy the beach? It's allowed me to have more meaningful conversations with my dad. Reading the book gave me peace with his

reduced abilities. I really liked the suggestions for how to prepare memory books for home care.

Excellent resource for family members who are caring for a loved one with dementia. Also highly recommend reading this book if you are in the field of dementia care.

We are experiencing care taking of a loved family member with dementia with Lewy bodies. This book has been a great eye opener for me and help with how to care for them with love, respect and compassion. A must read for anyone going through the difficult role of care taker for someone with dementia.

This book is giving so many ideas on how to help my 90 year old mother, and me, go through this difficult time in our lives. It's helping me realize that what she is feeling is more of a struggle for her than what I thought I was feeling. I'm giving up "poor me" !

This book was very enlightening. It gave me goals to work toward without making me feel bad about not meeting the goals in the past. Very helpful for care givers as well as encouraging to them.

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