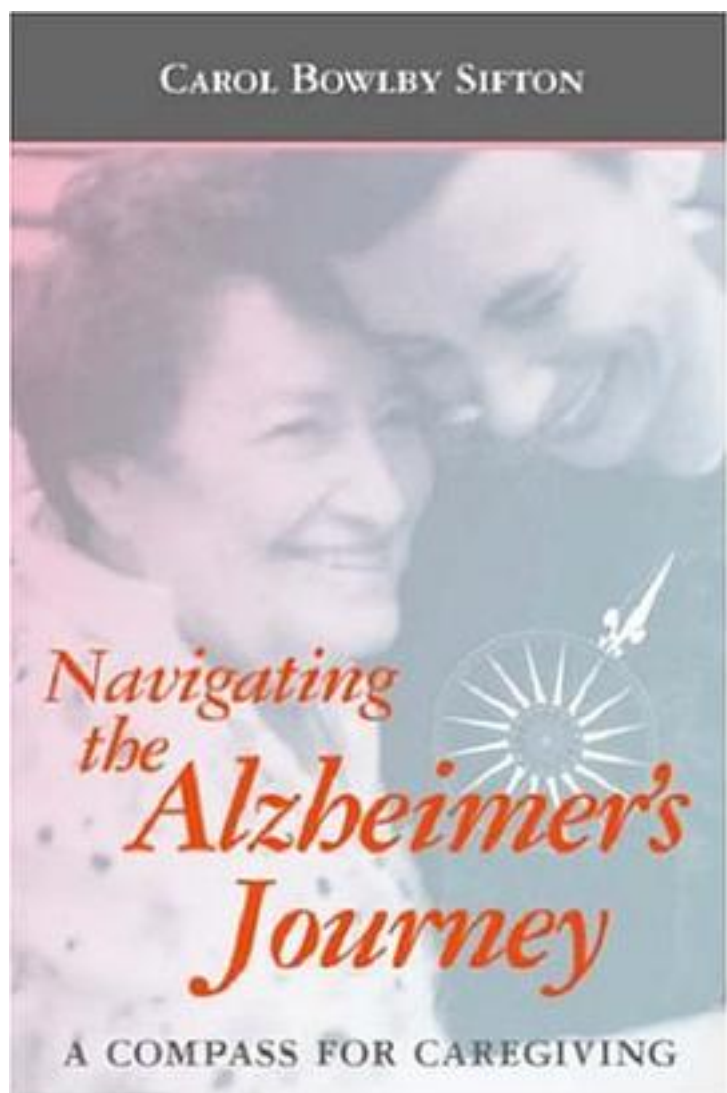


Navigating the Alzheimer's Journey



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Whether a neophyte or veteran caregiver, the reader will learn to make use of and celebrate the remaining abilities of loved ones with dementia using numerous activity-focused care techniques. Drawing from the author's professional and personal experiences as an eldercare giver, readers will find the keys to- care for themselves to prevent burnout- communicate and interact more purposefully with people with dementia- recognize how dementia affects abilities- work with the person's remaining strengths and reduce focus on losses- structure care to prevent/reduce challenging behaviors- respond appropriately when challenging behaviors occur- arrange the environment to support functioning and compensate for losses- assist with activities of daily living- employ reminiscence and sensory stimulation effectively- plan for future care- maintain relationships if the person moves to long-term care- cope with loss and grief- and much more

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