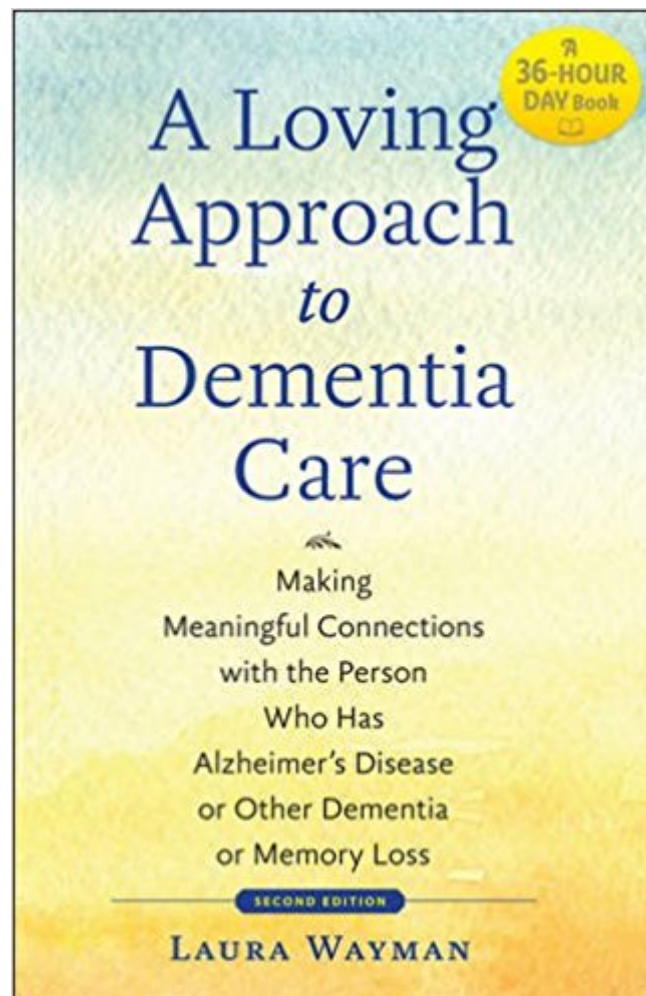




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# **A Loving Approach To Dementia Care: Making Meaningful Connections With The Person Who Has Alzheimer's Disease Or Other Dementia Or Memory Loss (A 36-Hour Day Book)**





## Synopsis

Caring for someone with dementia means devotedly and patiently doing a hundred little things each day. Few care providers are trained to meet the challenges of dementia, however—and that is where *A Loving Approach to Dementia Care* can help. The book offers practical, compassionate advice on overcoming caregiving obstacles and maintaining meaningful relationships with loved ones who have dementia and memory loss. Laura Wayman's program of care emphasizes communication, affirmative response, and empowerment—transforming the caregiving process from a burden into a fulfilling journey. Her true stories of caregiving illustrate the principles of this loving approach, giving readers essential tools for connecting with people who have dementia. A practitioner whose strategies have seen great success in thousands of individual homes and facilities across the country, Wayman explains that denying dementia symptoms can make a hard situation worse and shows how understanding the limits and possibilities of the person who has dementia can make all the difference in the world. In this thoroughly revised edition, Wayman adds fresh caregiving insights, two completely new chapters that explore the dangers of denial by both caregivers and people with memory loss, and the "Dementia-Aware Guide to Caregiving"—a quick reference tool for advice on how to respond to specific difficult behaviors. In addition to offering valuable lessons on providing the best possible care, Wayman urges caregivers not to neglect themselves: take care of yourself so you will have physical and mental energy to share with your loved one. Her practical tips will help you balance your own needs with those of your loved one, creating a more positive experience for everyone. *A Loving Approach to Dementia Care* is an empathetic guide, filled with respect, calm, creativity—and love.

## Book Information

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## Customer Reviews

It is good to have a guide that is as intuitive and humane as Laura Wayman. This book can be read profitably by family and friends of those affected with this disease and by anyone contemplating a career in elderly care. It will help lighten the burden for caregiver and patient alike.--Chris Vaughan

"Metapsychology "Both "A Loving Approach to Dementia Care" and "Aging Together" are very kindly books giving warm guidance on coping with old people who are seriously confused.--Martin Guha

"International Psychogeriatrics "It is a book I wanted to share with everybody. It made me laugh out loud, it made me cry (really!) but most of all it made me think... as a resource I feel it is invaluable and I will be keeping it near to hand. It is not only a useful tool for use with dementia but it is also life-affirming (and I never expected to use that term without a certain cynicism).--Ibadete Fetahu

"Nursing Times "This book can be warmly recommended to caregivers as an upbeat and encouraging guide to developing those brief moments of successful communication... "A Loving Approach to Dementia Care" is exactly what it says on the label.--Martin Guha

"International Psychogeriatrics "An amazing book that focuses on the people involved in the journey of caregiving. Readers will be able to relate to the stories that Laura Wayman tells, and having her insights is like having your own personal caregiver trainer, complete with invaluable tips and strategies. This is an excellent guide--a must read for caregivers.--Denise Davis, Program Director, Alzheimer's Association of Northern California/Northern Nevada, Greater Sacramento Area Office

Although there are many books about dementia, far too few give voice to people living with dementia. Laura Wayman's A Loving Approach to Dementia Care places the person at the center of a remarkable journey of understanding. A universe of choice comes into being when meaningful connections develop between the people who are giving and receiving care and Wayman shows us how person and relationship can take precedence over diagnosis and disease. This is an exceptionally valuable contribution to the literature.--Dr. Bill Thomas, founder of the Eden Alternative and author of What Are Old People For?

Laura Wayman has been providing valuable education to our families for the past decade. Ms. Wayman has a knack for connecting with her audience and engaging them with examples from actual families she has assisted over the years. I am pleased that her book is available to supplement her insightful trainings. Family caregivers will truly benefit from Laura's expertise in connecting with people who have dementia in a loving and meaningful way.--Michelle

Nevins, Executive Director, Del Oro Caregiver Resource Center, California"An amazing book that focuses on the people involved in the journey of caregiving. Readers will be able to relate to the stories that Laura Wayman tells, and having her insights is like having your own personal caregiver trainer, complete with invaluable tips and strategies. This is an excellent guide--a must read for caregivers."--Denise Davis, Program Director, Alzheimer's Association of Northern California/Northern Nevada, Greater Sacramento Area Office"Although there are many books about dementia, far too few give voice to people living with dementia. Laura Wayman's *A Loving Approach to Dementia Care* places the person at the center of a remarkable journey of understanding. A universe of choice comes into being when meaningful connections develop between the people who are giving and receiving care and Wayman shows us how person and relationship can take precedence over diagnosis and disease. This is an exceptionally valuable contribution to the literature."--Dr. Bill Thomas, founder of the Eden Alternative and author of *What Are Old People For?*"Laura Wayman has been providing valuable education to our families for the past decade. Ms. Wayman has a knack for connecting with her audience and engaging them with examples from actual families she has assisted over the years. I am pleased that her book is available to supplement her insightful trainings. Family caregivers will truly benefit from Laura's expertise in connecting with people who have dementia in a loving and meaningful way."--Michelle Nevins, Executive Director, Del Oro Caregiver Resource Center, California

"It is good to have a guide that is as intuitive and humane as Laura Wayman. This book can be read profitably by family and friends of those affected with this disease and by anyone contemplating a career in elderly care. It will help lighten the burden for caregiver and patient alike."

(Metapsychology)"It is a book I wanted to share with everybody. It made me laugh out loud, it made me cry (really!) but most of all it made me think... as a resource I feel it is invaluable and I will be keeping it near to hand. It is not only a useful tool for use with dementia but it is also life-affirming."

(Nursing Times)"This book can be warmly recommended to caregivers as an upbeat and encouraging guide to developing those brief moments of successful communication... *A Loving Approach to Dementia Care* is exactly what it says on the label." (International

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excellent guide – it is a must read for caregivers." (Denise Davis, Program Director, Alzheimer's Association of Northern California/Northern Nevada, Greater Sacramento Area Office)"Although there are many books about dementia, far too few give voice to people living with dementia. Laura Wayman's *A Loving Approach to Dementia Care* places the person at the center of a remarkable journey of understanding. A universe of choice comes into being when meaningful connections develop between the people who are giving and receiving care and Wayman shows us how person and relationship can take precedence over diagnosis and disease. This is an exceptionally valuable contribution to the literature." (Dr. Bill Thomas, founder of the Eden Alternative and author of *What Are Old People For?*)"Laura Wayman has been providing valuable education to our families for the past decade. Ms. Wayman has a knack for connecting with her audience and engaging them with examples from actual families she has assisted over the years. I am pleased that her book is available to supplement her insightful trainings. Family caregivers will truly benefit from Laura's expertise in connecting with people who have dementia in a loving and meaningful way." (Michelle Nevins, Executive Director, Del Oro Caregiver Resource Center, California)

I ordered this book shortly after learning a loved one has dementia. It was the first book I have ordered about the subject. I was really devastated with the news so it took me a couple of days to even open the book. I thumbed through and the first story that caught my attention was humorous and heartwarming and honestly changed my way of approaching dementia. That night when I called my loved one and they told me they could not remember what they did that day I said, "well hey, no regrets right?! you can't say that you wish you did this or that, because maybe you did and just can't remember" and we both just started laughing. I love this book. I recommend it to anyone who has a loved one with dementia or who is caring for someone with dementia. Definitely a "Loving Approach"

Good basic information for someone just trying to be better with handling increasing memory loss in a person close to you...or even a friend. I had a little previous experience, but nothing like I'm having now, so I found it quite helpful especially about the caregiver's attitude, tone and expression and its' impact on the dementia patient. My goal is to not only be more patient, but also kind. There is quite a difference between those two in my mind. Both patience and kindness will become increasingly important as the memory loss increases.

I found this book incredibly helpful in working with my family and also in increasing empathy for

caregiving friends and those in the health profession. It is easy to read, direct, up to date, and has very useful ideas that make not just Alzheimer care more effective but it worked in my marriage as well! Please do not hesitate to order this, it came recommended by my step-mother and everyone we have suggested it to has found it very comforting and instructive.

It is well written and states the facts so everyone can understand them. I highly recommend this book to anyone who knows someone with a problem with memory or for general information. I personally knew some of the people she wrote about and she told their experiences very well. I pray that one day soon there will be some real medical help and we won't have to go through all this with our loved ones. THANK YOU Laura for putting it in print.

A lifesaver during a difficult time when it's hard to even imagine the situations one may encounter while caring for a loved one with dementia. The information in this short book changed never ending arguments to situations that made my mother feel very loved and safe. This book explains how you can guide your loved one through their "reality" to resolve whatever is bothering them. It's easy to understand and short. I bought 4 copies to give to friends. I highly recommend it!

Good stories to illustrate caregiving points. Written for any level of expertise.

The shifting realities of our aging parents has been a real challenge. This wonderful book has helped tremendously with its case histories and sagely advice. I would heartily recommend it for anyone dealing with family members with progressive dementia. It is clear, concise and acts as a beacon to help you see through the darkness, and emerge enlightened.

This book is straight forward and really explains dementia and how to be a great and loving caregiver. I would recommend this book to anyone who is interested in this terrible illness. I bought it for a friend who just found out her husband has dementia. She loved it.

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