



A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers

Virginia Bell, David Troxel

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Four million Americans currently suffer from Alzheimer's disease and experts estimate that 22 million people around the world will be so afflicted by 2025. Far too many families are struggling with the emotionally and physically draining responsibility of redefining their relationship with, and caring for, someone who not long ago was a vibrant member of society, yet may not know their own name today.

A Dignified Life helps combat the burnout and frustration that often accompany the task of caring for an Alzheimer's patient. Author David Troxel, an Alzheimer's expert and executive director of the California Central Coast Chapter of the Alzheimer's Association, maintains that at its simplest this approach is based on treating the person like a best friend and working from their strengths, not their weaknesses. He explains: "As family members, caregivers and professionals, we have to try to connect with them. People with this disease in some way need someone to be . . . attentive and empathetic--someone who really tries to walk a mile in their shoes."

A Dignified Life goes beyond the typical tips offered by most books and takes advantage of readers' instinctive desire to build friendships and taps into the intuitive aspect of caregiving that is part of our very nature. It provides a complete model for care built around creative and effective communication and meaningful activities and includes touching stories that demonstrate how the Best Friends method continues to improve the lives of both those who have Alzheimer's disease and those who care for them.

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From reader reviews:

Patricia Smith:

Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try issue that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers, you could enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its identified as reading friends.

Brian Crafton:

Your reading sixth sense will not betray an individual, why because this A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers guide written by well-known writer whose to say well how to make book which might be understand by anyone who all read the book. Written throughout good manner for you, still dripping wet every ideas and creating skill only for eliminate your current hunger then you still skepticism A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers as good book but not only by the cover but also with the content. This is one guide that can break don't ascertain book by its protect, so do you still needing a different sixth sense to pick that!? Oh come on your reading sixth sense already said so why you have to listening to yet another sixth sense.

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Michael Kenney:

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