



## A Dignified Life: The Best Friends Approach to Alzheimers Care: A Guide for Care Partners

By Virginia Bell Msw

Health Communications. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.5in. x 5.5in. x 0.9in. More than 5 million Americans are currently living with Alzheimers 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 Alzheimers 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...



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