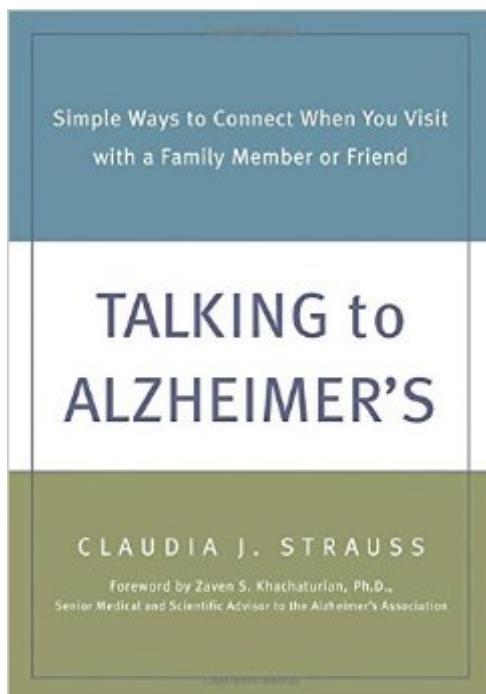


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# Talking To Alzheimer's: Simple Ways To Connect When You Visit With A Family Member Or Friend



## **Synopsis**

Alzheimer's can have a devastating impact on a patient's close relationships and all too often, family members and friends feel so uncomfortable that they end up dreading visits, or simply give up trying to stay in contact with the patient. This book offers a wealth of practical things you can do to stay connected with the Alzheimer's patient in your life. It offers straightforward suggestions and invaluable do's and don'ts, with advice on everything from dealing effectively with the inevitable repetition that occurs in conversations with an Alzheimer's patient to helpful strategies for saying no to unrealistic demands. It also includes thoughtful tips to remind you to take care of your own feelings and suggestions for helping children become comfortable with visiting an Alzheimer's sufferer.

## **Book Information**

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## **Customer Reviews**

As a middle stage Alzheimer [aka CRSer], it has been my burden, duty and responsibility to train my Caregivers in how to communicate with me. This has been psychologically draining, and I have wished for a simple guide, so that I could say what works and does not work in caring for this rapidly deteriorating newly discovered "Dependant." There is a well known acronym, K.I.S.S., which is inaccurately translated as "Keep It Simple, Sweetie(?)". As an educator, I have always encouraged the use of trots, Cliff Notes, Classic Comics, and the "Idiot's Guide" series. All of these are written to inform unknowing readers in depth of subjects of interest, in simple understandable terminology. "Talking to Alzheimer's" is just such a tome. I have strongly recommended it to the facilitors of my Berkeley ALZ Support Groups, as a Bible or Koran for recalcitrant Caregivers. It works!!! With it in

hand, we ALZers and Caregivers can and will communicate thoughtfully and without unnecessary stress. Words leave us, but our souls remain. Strauss is one of the best in this genre.

This is really the book my family has been needing. We want so badly to keep connecting with my father-in-law but it's hard to know how to hold a conversation with someone who rarely knows what time of day it is. We love him and we want desperately for him to know that, but how? Ms. Strauss offers a practical, informative, and hopeful guide, lists of 'dos and donts' rather than a medical or theoretical guide. Since I've had this book I have been able to connect to Pop in a much more rewarding way for both of us. I highly recommend it to those who still want to connect!

Based on the previous reviews, I thought this book would have some helpful techniques for conversing with my grandmother and father-in-law who are both suffering from Alzheimer's. However, this book is geared towards volunteer care/visitors, not family. A lot of the techniques suggested would not work if you are a family member of a Alzheimer's patient. It was definitely not the worth the money!

This book is a must for anyone who visits friends or family members with Alzheimers. The format is user-friendly. Leafing through the book, I found that just about any page contains helpful suggestions. The author stresses the dignity of the person and provides ways of coping with typical situations which arise. An important point she makes is that although memory fails to serve the person, the feelings are still there. This author's warm response to those with Alzheimer's is convincing and contagious. It provides a rainbow in the storm.

This book is a blessing for anyone who has a loved one with Alzheimer's, dementia or is a victim of stroke. Ms. Strauss's advice comes from the heart and not just the mind. She reminds us that to truly connect with others we must consciously be in the moment with them. This is good advice no matter who it is we are trying to stay connected to. How often are we distracted by outside thoughts and miss opportunities to truly connect to others. This book is a gentle reminder to us all.

Especially helpful were the phrases to say. I needed a substitute for "How are you today?" I purchased this book because I volunteer in an Alzheimer's facility.

There are not a lot of books out there that even attempt to help people learn how to talk to a person

with Alzheimers. I was very happy to find this book at all since I have just begun working at a day center program for persons with Alzheimers and dementia. This book is full of practical advice on the many ways and reasons we talk to persons with dementia and in that way, the book is extremely valuable. However, the overall emphasis of the examples is on what NOT to do, which is very frustrating. One of the reasons people seek out such a book in the first place is that they have already had some communicative breakdown and they are looking for ways to fix it, not more lists of what not to do. We already know what doesn't work. We want to know what does work. That said, please know that there is a wonderful small section with a parallel list of Don'ts and Do's near the end of the book. That section is worth looking at.

There is no easy way for me to talk about the final years of my grandmother's life and her diagnosis with Alzheimer's disease. I only wish "Talking to Alzheimer's" had been available to me and my family during that difficult time. Claudia Strauss's voice is tender, respectful, competent and understanding. This book is both supportive and practical -- providing concrete ways to maintain or build a connection with people suffering from Alzheimer's. I would highly recommend this book to anyone with friends or family that are suffering from Alzheimer's, and would make it required reading for staff and professionals working with Alzheimer's patients.

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