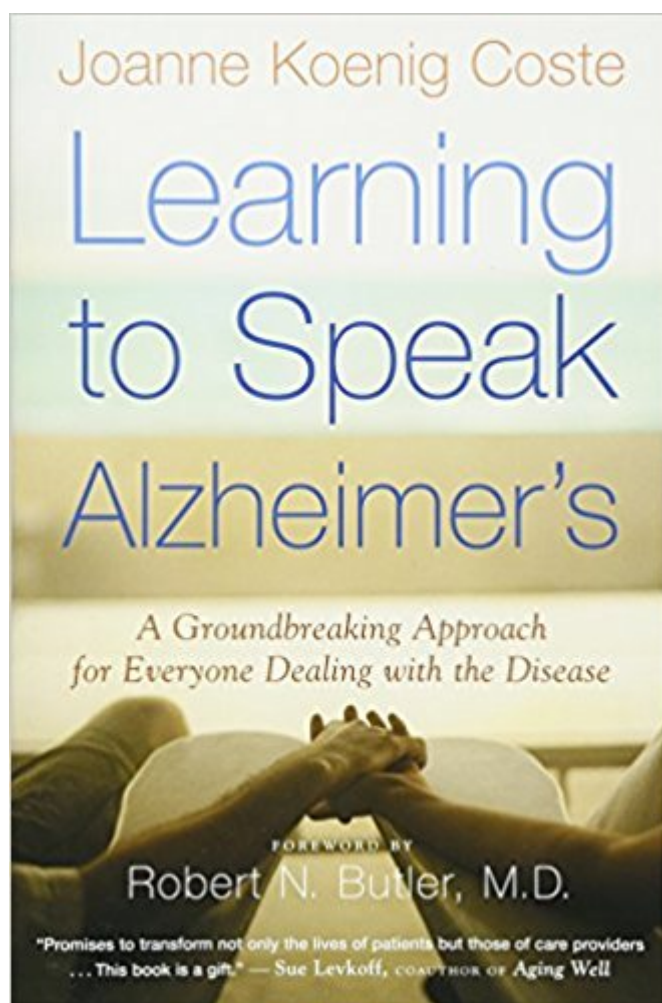


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# Learning To Speak Alzheimer's: A Groundbreaking Approach For Everyone Dealing With The Disease



## Synopsis

More than four million Americans suffer from Alzheimer's, and as many as twenty million have close relatives or friends with the disease. Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between carepartners and patients and has proven successful with thousands of people living with dementia. Learning to Speak Alzheimer's also offers hundreds of practical tips, including how to

- cope with the diagnosis and adjust to the disease's progression
- help the patient talk about the illness
- face the issue of driving
- make meals and bath times as pleasant as possible
- adjust room design for the patient's comfort
- deal with wandering, paranoia, and aggression

## Book Information

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## Customer Reviews

"A fine addition to Alzheimer's and caregiving collections." Library Journal Starred "A true Godsend to anyone caring for those afflicted with dementia." -- Dr. Rudolph E. Tanzi, author of DECODING DARKNESS --This text refers to an out of print or unavailable edition of this title.

Joanne Koenig Coste, a nationally recognized expert and an outspoken advocate for patient and family care, is a board member of the American Journal of Alzheimer's Disease. Currently in private practice as an Alzheimer's family therapist, Koenig Coste also serves as president of

Alzheimer's Consulting Associates. She lectures around the country and is the recipient of a National Award for Health Heroes from Reader's Digest.

This book was recommended to me twice and I read it each time. After the second time, I had to have it as my resource book. So many times I would share something I had learned from the book with another caregiver and wished I had that book. Thank you for writing it.

My mother has had Alzheimer's for close to 20 years, and is now very combative, suspicious, and paranoid. This book helped me to understand how to deal with her outbursts, and how to redirect her attention elsewhere. It helps you better understand the disease, what to expect, and how to (possibly) keep your sanity while caring for a parent or other person affected by this terrible disease. You learn how to go along to get along, since telling them the truth or arguing serves no purpose. In a few minutes, they have forgotten what you told them anyway, so why argue? Learn to use your sense of humor to make life less stressful for you as a caregiver, and at the same time keep the patient's agitation level much lower. The book also gives practical tips on where to get help and ideas for engaging the Alzheimer's patient to help them feel useful,

Simply put - a very well organized, researched and applicable book that is an excellent reference point. The author is very systematic in her approach, mixing personal stories and anecdotes together with science and research on the disease. Additionally the author provides pragmatic solutions to every-day problems or changes one incurs with such a dynamic disease - which is also very useful to those with low or even high familiarity with persons suffering this affliction. She concludes with an excellent reference section of additional sources, organizations and outlets where one can also further their understanding of de-risking their lives etc. While the book is a bit dated, same for the add'l reference section, the foundation is very strong and still very applicable for care providers or family members learning how to cope with family that is suffering from this disease. Highly recommended.

Joanne Koenig Coste is a wonderful author and through her years of hands on work plus research is able to provide information to care givers as well as those that have been diagnosed with ALZ. Many old school ideas about caregiving have been shown to be harmful to our loved ones and thanks to her we know what not to do and can relay this information to doctors & caregivers. She walks you through the life of an ALZ person & what they need emotionally. There's so much

information that you can glean from reading this informative book. She's a wonderful author & I wouldn't hesitate to recommend this book to anyone involved in the world of ALZ.

This was one of the best and informative books i have had the pleasure of reading, my Sister-in-law is in late stage 3 and has lost the ability to make words that make any sense. I have learned to watch the body movements and watching her facial expressions to understand what her needs are. While reading the book i highlighted important info for my brother-in-law, and if nothing else good came from taking the time to sit and try to understand what they are going thru, i have convinced him to look into finding a care giver as i now understand how trying and unmanagable a patient can become. Let us pray that a cure is in the future. Priscilla

An informative book, but difficult to read. I felt intimidated by it, there were so many things I should do better that I felt defeated by reading the book.

Great book for those wanting to understand the compassion behind dementia and what we can do for our loved ones that suffer from all types of dementia!

As a caregiver to my mother with dementia, this book has been a great help. I like to pull it out when I feel that I am short on patience, and I do not want to hurt my mom. It helps to read this. I really miss my mom. She is still physically here, but my "mom" left a while ago. I would recommend this book to all caregivers, and anyone with loved ones with dementia. It helps with the communication do's and don't's.

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