



Contented Dementia

By Oliver James



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A groundbreaking and practical method for managing dementia that will allow both sufferer and carer to maintain the highest possible quality of life, throughout every stage of Alzheimer's

Dementia is a little-understood and currently incurable illness, but this guide shows how much can be done to maximize the quality of life for people with the condition. A person with dementia will experience random and increasingly frequent memory blanks relating to recent events; feelings, however, remain intact, as do memories of past events, and both can be used in a special way to substitute for more recent information that has been lost. The SPECAL method (Specialized Early Care for Alzheimer's) outlined in this book works by creating links between past memories and the routine activities of daily life in the present. Drawing on real-life examples and user-friendly, tried-and-tested methods, this lifesaver provides essential information and guidance for carers, relatives, and professionals.



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Contented Dementia By Oliver James Bibliography

• Sales Rank: #211597 in Books

• Brand: imusti

Published on: 2010-07-09Original language: English

• Number of items: 1

• Dimensions: 8.50" h x .90" w x 5.50" l, .70 pounds

• Binding: Paperback

• 304 pages



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Editorial Review

Review

"An indispensable handbook for anyone coping with the effects of dementia and who wants to keep a sufferer as happy as is humanly possible." —Daily Express

"A revolutionary new way of treating dementia brings amazing benefits for patients and carers alike." —Guardian

"Shows how to minimze that distress and manage the dementia in ways that recall early pioneering work on dealing with madness . . . He writes clearly and plainly, gives good examples of the techniques he suggests, and stays always on the practical side. I expected this book to be depressing; it is exactly the opposite."

—Independent

About the Author

Oliver James is a former clinical child psychologist, journalist, broadcaster, television documentary producer, and the author of *They F**** *You Up: How to Survive Family Life*.

Users Review

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Joel Connolly:

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Raymond Augustus:

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