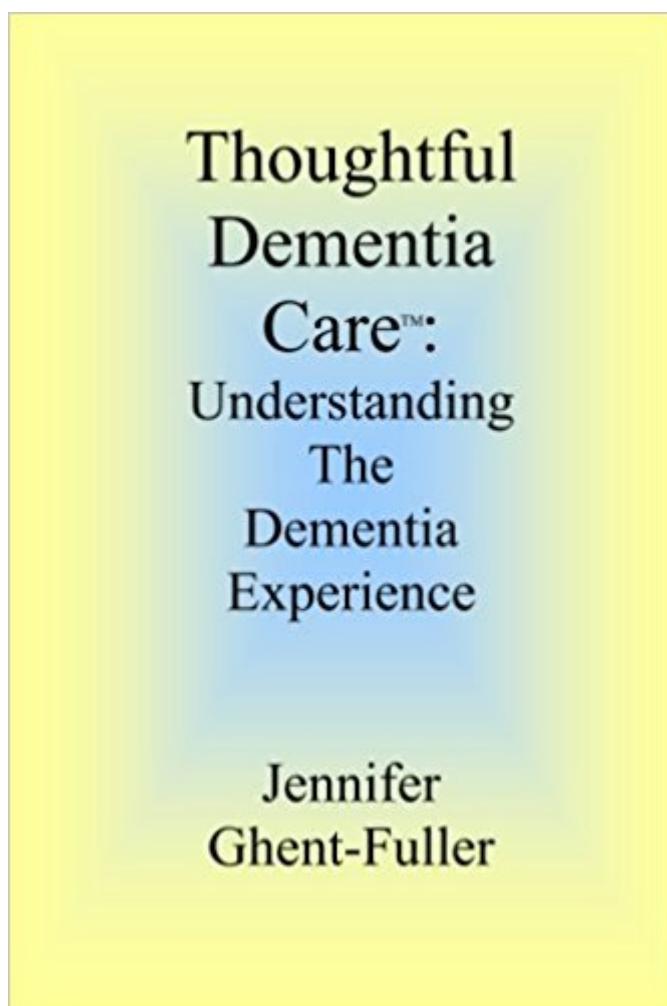


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# Thoughtful Dementia Care: Understanding The Dementia Experience



## Synopsis

An easy-to-read and sensitive portrayal of the changing world of people with dementia due to Alzheimer's disease or other diseases, and those who care for them. Offers insights into emotional reactions and practical suggestions based on deep understanding of the way people with dementia view many situations. The author carefully explains the loss of various types of memory and other thinking processes. She describes how these losses affect the day to day life of people with dementia, their understanding of the world around them and their personal situations. The many portrayals of real life experiences clarify and deepen the explanations. Jennifer is a nurse who worked for many years as an educator and counsellor for people with dementia and their families, as well as others in caring roles. She addresses the emotional and grief issues in the contexts in which they arise for families living with dementia. This book is intentionally written in easily understood plain language. "Thoughtful Dementia Care" is an expansion of the free paper by the same author, "Understanding the Dementia Experience," which has been widely distributed online since 2002 and received much praise over the years. Here are some of the comments that have been received:

âœThis is one of the best things that I have read on the subject of Alzheimerâ™s.âœIâ™ve only gotten to page four and Iâ™ve found the answers to half a dozen situations that have been driving me crazy.âœMost books are more high-level and donâ™t address the moment-to moment issues that can arise. Your article cuts to the emotional and practical core of things, and for that I am grateful.âœGreat article. Going to make copies of it and give them to family and friends that keep saying to me, âœBut he seems OK to me.â™ One of the best articles I have read.âœI printed a copy of this article because I believe it may be the best I have read to help those who are not impaired understand our experience. I am deeply grateful to Jennifer Ghent-Fuller for writing such a wonderful piece.â•

## Book Information

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## Customer Reviews

Jennifer Ghent-Fuller worked as a nurse in Canada for over twenty-five years, the last eleven as an educator and support counsellor for people with dementia and their families and other carers.

Jennifer has a Bachelor of Arts from Queenâ™s University (Kingston, Ontario), a Bachelor of Science in Nursing from the University of British Columbia (Vancouver, British Columbia), and a Master of Science in Nursing from the University of Western Ontario (London, Ontario). Jennifer has also worked as a volunteer in the fields of literacy and elder abuse prevention. She is now retired.

Terrific account of how Alzheimer's disease and other dementia illnesses affect our LOs. I found the set up of the book to be perfect as it moves from descriptions of the patient's broken memory processes, to the changes in their behavior, and finally to the loss of their ability to function as an independent adult. The first two thirds are very interesting reading, and last third is filled with practical advice such as assisting your LO in coping with the progression of dementia. Lots of anecdotes keep the book from being a dry read. I have been caregiving for a while and I learned quite a few things. My only quibble is with her statement that Alzheimer's could be viewed a gift from God, to teach us to be unselfish caregivers. I understand her major point, which is to not view dementia as a punishment from God, but as someone who is burnt out from caregiving, I did take offense. Ghent-Fuller states in the introduction that she wants to enlighten and educate the reader from the perspective of the person with the disease and she certainly met that high bar.

It is physically condensed and packed (lots of words and paragraphs per page) and looks self-published as some of the pages are not cut the same—that is okay. Parts of it are written from the point of view of the person inflicted with the disease - which is very unique. This helps an outsider really 'get it' and while dementia can be cruel to the carer (caregiver) "too," this book helps us caring understand what a person is going through - so we can put our own reactions aside and extend compassion. I do not recall if it discusses boundaries. We, family or professional carers need to set boundaries and give our selves 'time outs' (too). It is walking a tightrope sometimes - DO exercise, eat healthy, and find some peace, quiet and joy around this 'work'.

My uncle was recently placed under my guardianship. This book has answered so many of my questions about Alzheimers and how to deal with his behavior. I feel so much better and now enjoy our visits instead of feeling so frustrated. I understand what he is no longer capable of mentally and am learning not to take what he says personally. It was scary how spot on the author was in many situations described. It made me think she was living with my uncle. I wish I had this book earlier because so many signs were there but I didn't know how to deal with them. Not a book full of medical terms that do me no good. Definitely glad I own this book.

I found this book to be a 5 star resource as I navigate the dementia path with my husband. Each section has valuable information that is affirming, insightful and seems to be written for my situation. I have read and reread each section, highlighting and tabbing throughout the book so I can locate passages easily. It explains so many behaviors I didn't understand and gives practical ideas for avoiding problems. It is easy to read, gives lots of thoughtful information without too much medical terminology. This is definitely the most useful resource on dementia that I have read. Many thanks to the author!

There is a lot of good information in this book. The anecdotes are especially illuminating. The author is very knowledgeable, and most people would benefit from her information and insight. But the writing and editing leave much to be desired. The author says "lady" and "fellow" frequently instead of woman and man. Some people might like that, but I think it's annoying. And the punctuation is confusing and distracting. Commas are used excessively and almost randomly, obscuring meaning. The language is accessible, but these two quirks make it not at all "easy to read" for me. I finally gave up and ordered another book on the topic.

I was very impressed by the way this book was written in layman's terms. It was easy to understand and the examples of different patients and different circumstances were spot on. I could read a chapter and realize it described my spouse to a T. Or a different part of the book would explain why my spouse was behaving in certain ways. I highly recommend it to anyone who needs better understanding of the affects of dementia or Alzheimers.

I found this book to give practical insight into the world of both the carer and their loved one suffering with dementia. There is no possible way to be fully prepared to help those with dementia

live a dignified life with pat answers to how best to meet their needs. This book gives the carer ideas and insights which open the door for adaptation with love. I highly recommend it for those caring for a loved one with dementia.

The most helpful single book I have found (or nearly so), though it does not replace a broad overview such as "The 36 hour Day". She describes kinds of memory, how they interact, and how these interactions affect the experience of the person with dementia and the caregivers. Clearly written, with plenty of helpful examples. However, this book does not deal with our relationship with God: for that, Christians will want to get "Second Forgetting" by Dr. Benjamin Mast.

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