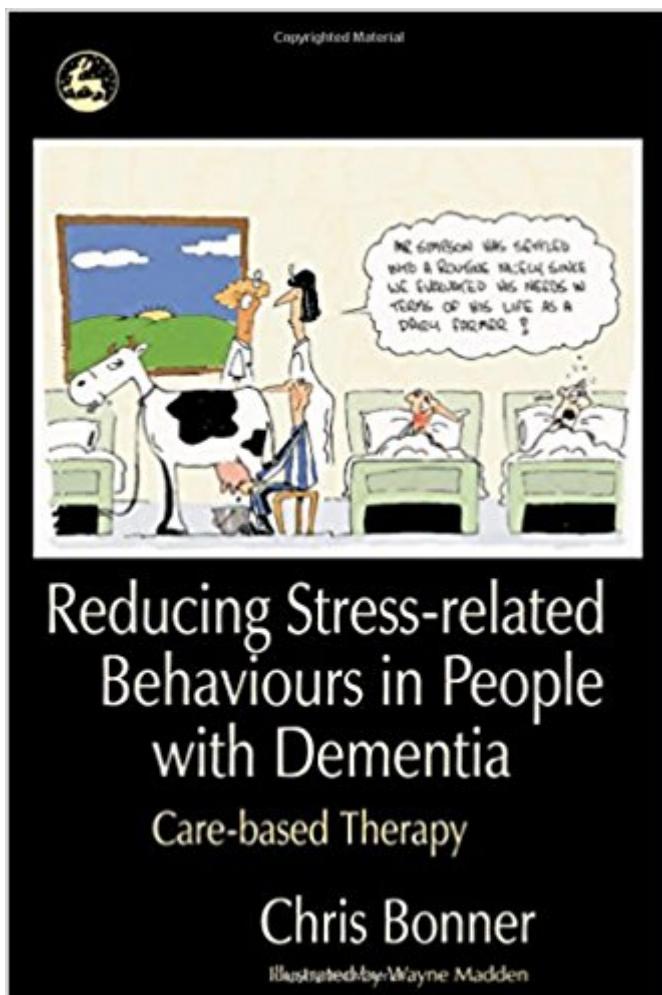


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# Reducing Stress-related Behaviours In People With Dementia: Care-based Therapy



## Synopsis

'In Reducing Stress-Related Behaviours in people with Dementia, Chris Bonner has written a thoroughly entertaining, yet highly instructive, manual for people with Alzheimer's disease and other dementias... I highly recommend that everyone who encounters persons with Alzheimer's disease or other dementias, routinely or occasionally, read through this manual. Even for seasoned professionals or family members who have given 10 years to the care of a spouse, there are insightful nuggets that will more than offset the modest cost of the book.' - Contemporary

Psychology: APA Review of Books 'I found this book to be both clear and accessible in terms of readability. It is a book that I believe would be a useful resource to care staff in a variety of settings.

The beauty of it is that it is short, inexpensive, easy to read and understand - a book which care staff can perhaps dip into, without taking them away from their caring role too much.' - Signpost

'The book is completely person orientated with the help of anecdotes. Original research sources are acknowledged without countless footnotes. There is a carefully compiled bibliography and a good index. To have achieved so much in a slim volume is very commendable and it is obvious that this should be a required text for every formal carer with copies available in staff rooms as chapters could be the subject of seminars or workshops as well as solving tricky problems in the very

demanding work of caring for people with dementia whose behaviour can be difficult to understand.'

- London Centre For Dementia Care 'This invaluable book provides a wealth of practical strategies to prevent and reduce stress related behaviour in people with dementia. The author has drawn

information from numerous carers with whom he has worked and his personal experience in caring for and enjoying the company of people with dementia. Throughout the book, case vignettes and small caricature illustrations are appropriately used to enhance the reading material and provide light humour. I would thoroughly recommend this book to all nursing and therapy staff involved with people with dementia.'

- Occupational Therapy with Older People This practical book provides simple and imaginative ways to prevent and reduce stress-related behaviours in people with dementia in residential care. The author's approach is based on maximizing personal expression and fulfilment and recovering access to familiar, enjoyable and meaningful activities. He suggests strategies for managing common problems with feeding, bathing, toileting and sleep, looks at how to understand and cope with wandering, agitation and inappropriate sexual activity, and discusses ways of defusing aggressive behaviour. He also explains how to enhance care home environments and staff communication skills, and suggests a variety of helpful activities and therapies. Written in a clear, accessible style, this book will be an invaluable resource for residential care workers and the families and carers of people with dementia.

## Book Information

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## Customer Reviews

Simple and imaginative ways to prevent and reduce stress-related behaviours in people with dementia in residential care

Chris Bonner is a clinical pharmacist based in New South Wales, Australia, specialising in aged care. He provides consultancy and education services to nursing homes and has carried out extensive research into medication use in residential aged care facilities. He has a special interest in psychogeriatrics and has been a representative on a State Task Force on medication management in residential care facilities, a National Guideline Committee of the Royal Australian College of General Practitioners and a National Dementia Forum. He has recently been appointed Associate Professor at the Faculty of Health Sciences and Medicine, Bond University.

Not as detailed as I was expecting

Good read and extremely helpful for dealing with dementia patients. Changed our attitude and approach toward the patient because as a result of this book, understand the disease more.

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