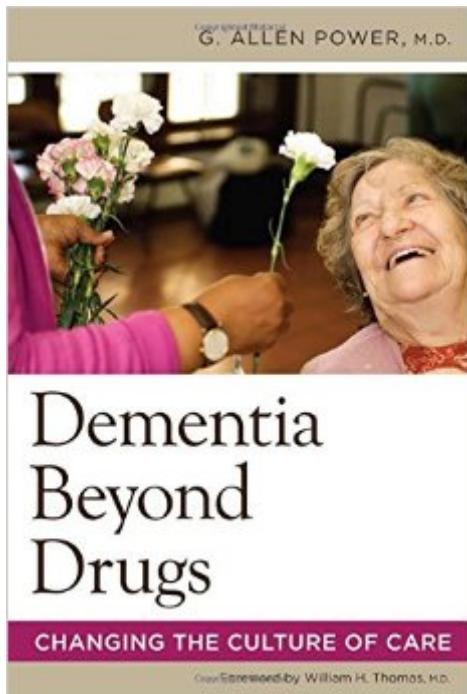


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# Dementia Beyond Drugs



## **Synopsis**

An experienced geriatrician exposes why our current system of nursing homes and long-term care produces misery in our elders, particularly those with dementia, and foils the efforts of genuinely caring and compassionate staff to provide a better life for them. Through illuminating examples, see how a radically different approach to dementia care reduces the need for harmful psychotropic drugs and transforms how we engage the people living with this debilitating disease.

## **Book Information**

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## **Customer Reviews**

Where was this book when I needed it? My father recently died in a nursing home. He was zonked out with Haldol within the first few days, losing his ability to speak and function. I see this as a deprivation of his humanity. I hope this book reaches the people who are in charge of our parents and grandparents and that it convinces them that patient management doesn't come in pill form.

This is a wonderfully readable book that caused me to rethink my attitudes toward dementia and nursing home care. Having recently lost my father after his precipitous decline from several strokes, I had assumed that the excellent home he lived in could have done nothing different. However, I now realize that even the best homes (and the most loving families) need to evaluate their approaches, moving from caregiving to care partnering. I'm changing my thinking about how to better communicate with and care for my 87-year-old mother.

Dementia Beyond Drugs is without a doubt the most important book to be written on the care of individuals with dementia in many years. Dr. Power takes the reader on a journey that is sorely needed for many in this field. He challenges us to think differently about dementia as an illness, and more importantly, to regard the person LIVING with dementia in a whole new way. As a gerontologist and long term care professional who considered herself very far down the culture change path, I found many new ideas and much inspiration from this book. I know this book will change the way I shape dementia care in my work for years to come. I couldn't put it down.

This book covers a lot of ground by incorporating best practices from the most relevant literature written on this subject, along with an incredibly deep and thoughtful insight. The author's story telling and writing skills are a really nice bonus - the text is easy to read and full of helpful suggestions for anyone interested in learning about dementia. Unlike any other book on this subject, this one offers a lot of hope as it emphasizes the many opportunities that lie inherent in the disease - a very novel approach to looking at this issue. I expect that this book will quickly become the "bible" for institutional and family caregivers alike.

I bought this book way to late to have any impact on my mom's care. I wish I'd bought it several years sooner. Dementia is accelerated, I believe, by poor diet, and lack of exercise. My mom existed on cookies, ice cream and fruit; and she stopped swimming, which was her only form of exercise. Her rapid descent into full blown Dementia was heartbreakng. She lived a good long life, and passed away at 93. But the dementia didn't need to happen.

This book makes so much sense. I have been in long term care for over 20 yrs, The home I am working in now is Eden in construction. We are working hard to get it right and this book is such an inspiration for me, I find myself not just reading it but going back to study it. I am constantly going back to relate something happening in our home to compare how it was in the book, possibly to help offer a possible solution to a challenge. Our Manager was fortunate enough to hear Mr. Power speak. I do hope I will be as fortunate. The Man and the book are absolutely brilliant. I would highly recommend it for anyone that is close to someone with dementia or even curious about the subject.

Excellent resource for understanding dementia and the real needs of the person. We used it as a book club discussion at our dementia facility as we work diligently to dramatically reduce the use of antipsychotic medications.

Geriatricians and all those involved with providing care for frail seniors should read this book, especially family members. Allen Power is a geriatrician and the Chief Medical Officer of a large nursing home on the East Coast. The vast majority of the resident were taking psychotropic medications for behavioral issues, tied to mental health diagnoses. Within a short year, the percentage of residents taking psychotropic medications plummeted from 60+ percent to less than 10 percent. What changed? How did he do that? Nothing was changed externally, no staffing changes, facility modifications. HE changed his attitude and approach to undesired behavior of the residents. Instead of assuming that he has to fix that behavior, usually with sedation or anti-psychotic meds, he interpreted that behavior as an expression for an unmet need. Engaging the resident in identifying that unmet need led to a collaborative problem solving situation instead of "I'm going to make you stop doing that". Many frail seniors cannot speak or articulate their needs, have dementia, and respond by acting out when frustrated. Allen Power saved millions of dollars in psychotropic medications and the residents are happier, more functional, healthier in general and maintained their DIGNITY. All he did was change himself. Powerful and revolutionary in the field of long-term care.

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