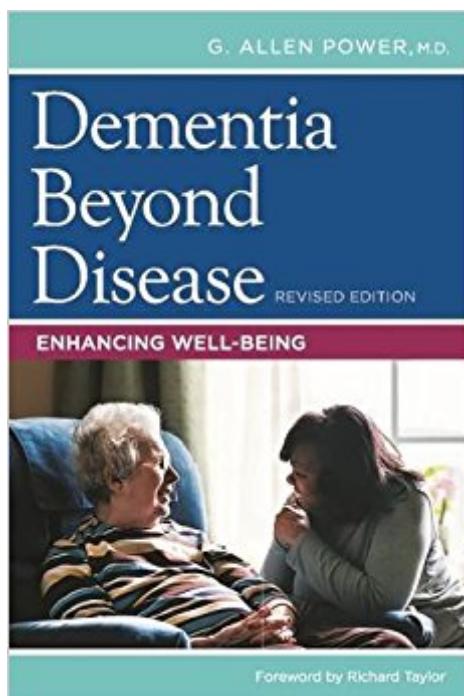


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# Dementia Beyond Disease: Enhancing Well-Being



## **Synopsis**

From the internationally acclaimed author of the groundbreaking and award-winning book *Dementia Beyond Drugs* comes another eye-opening exploration of how to improve the lives of people with dementia and those who care for them. In this revised edition including updated facts, studies, and terminology Dr. G. Allen Power demonstrates how to achieve sustainable success in dementia care by changing the caregiving lens to focus on well-being and the ways in which it can be enhanced in people living with dementia. Revealing how drug-based interventions as well as completely holistic approaches consistently fall short of addressing and meeting the needs of people with dementia, this book offers a proactive approach one that challenges widely accepted dementia care practices and provides a compelling new framework for developing more effective dementia services.

Through in-depth examinations of seven domains of well-being, readers will discover how current care practices erode them, and the transformative approaches that can restore them, plus how to apply a well-being approach to the everyday care of people living with dementia; a highly adaptable framework that can be adopted in any living environment; valuable insight on overcoming physical and operational barriers to well-being; a wealth of person-centered, strengths-based approaches to care. Filled with true stories that demonstrate the power of a well-being approach to greatly improve the lives of people with dementia as well as those who care for them, this book presents methods that promise a new and hopeful vision for achieving the best possible outcomes for every person living with cognitive changes. Readers will be challenged, motivated, and profoundly inspired.

## **Book Information**

Paperback: 328 pages

Publisher: Health Professions Press; This book builds upon the foundation of Power's award-winning book, *Dementia Beyond Drugs*, to reframe the care and support of people living with dementia. Power presents a strengths-based approach that focuses on enhancing seven domains of well-being for individuals in all living environments. In doing so, he challenges many of our long-held practices and provides an innovative approach that can lead to sustained improvements in the lives of people with dementia and their partners in care. Revised edition refines the language and attitudes required to achieve the author's goals and includes new research supporting his approach. edition (October 12, 2016)

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## Customer Reviews

Be prepared to be challenged and inspired! ... This book should be essential reading for all entrusted with the care of people with dementia. --Christine Bryden, author and dementia advocatea convincing argument for culture change by means of...well-being as a sustainable intervention strategy and a guide to changing perceptions. --Dementia journal (United Kingdom)

G. Allen Power, M.D., is a board-certified internist and geriatrician and Associate Professor of Medicine at the University of Rochester, New York. He is also a Fellow of the American College of Physicians-American Society of Internal Medicine. Dr. Power has practiced medicine for 25 years, the last 18 of which have been in long-term care and rehabilitation. As a Certified Eden Alternative Educator, Dr. Power serves as an Eden Mentor at St. John's Home in Rochester, New York, where he has worked since 2000. He also serves on the board of directors of the Eden Alternative, Inc. His regular contributions to the blog of Dr. William Thomas, founder of the Eden Alternative, can be found at [www.changingaging.org](http://www.changingaging.org). Dr. Power has lectured on geriatric and culture change topics both nationally and internationally. He has been interviewed for print and broadcast media including BBC Television, The Washington Post, The Wall Street Journal, and WHYY radio among many others. Dr. Power is also quoted in the book *Old Age in a New Age: The Promise of Transformative Nursing Homes* by Beth Baker (2007, Vanderbilt University Press). An accomplished musician and songwriter, Dr. Power's music has been performed on three continents. His song of elder autonomy, "If You Don't Mind," was performed by Peter, Paul and Mary, and Walter Cronkite used his song "I'll Love You Forever" in a 1995 Discovery Channel documentary on American families.

Another ground-breaking book from Al Power whose knowledge of, and empathy for, "people whose cognition is different from that of the mainstream" will lead the way to a dementia friendly society if

both professionals and lay people read and learn from it. As Board President of Alzheimer's Services of the East Bay, ASEB, I am ordering several copies for our staff and encouraging every Board Member to buy it. Powers describes a path to create Well-being for every individual, no matter how advanced the dementia. Its basis is covered in seven chapters that describe and explore the seven domains of Well-being: Identity, Connectedness, Security, Autonomy, Meaning, Growth and Joy. Each domain is explored with input from "True Experts" such as Richard Taylor, Ph.D., one of "The three men I admire the most" who work in this field. Numerous examples from the experiences of both Power and Taylor show at first hand both practices that enhance well-being, and, those that, however well-meaning, are in fact dis-empowering. A particular example that stuck in my mind, because I have seen it myself, was when Taylor talked to two ladies engaged in the "activity" of folding clothes. They were perfectly aware that staff took the clothes away, rumpled them, and brought them back for more folding.

Dr. G. Allen Power has shown himself to be a fantastic advocate for people with dementia. I saw him at a conference and talked to him later in a phone interview about his support of the Music and Memory program. The personality that shined through in those conversations comes through in this book. He is compassionate and his book gives concrete evidence for the more humane approach to dementia care.

Anyone wanting to learn about dementia from a person-centered perspective, this book is for you! I have both of his books and have used them frequently to help educate my team and provide better care. I can't say enough good things about Dr. Power's work. Just get this, you won't be disappointed! Whether you're a professional or a family member trying to make sense of it all, this book is the only one you'll need...with the exception of his other work...Dementia Beyond Drugs.

This is a book that needs reading by so many. It can be hard to read (so 4 stars) but the central theme is exactly in the right place. I am reading it for me! As I get older, the type care Dr. Power is describing is exactly what I want to find! and I will be looking for it and demanding it for me and mine!

We so appreciate this book. It has taken the stress off his family and care team. We focus on his assets, not his deficits. It's been the most positive help that we have found. I highly recommend it for all of us who are aging.

The best that I have read on the subject.

A MUST READ FOR ALL HEALTH CARE PROFESSIONALS, INCLUDING DOCTORS AND REGISTERED NURSES. Also useful for families and people with dementia, to know that being cared for WITHOUT the use of ANTI PSYCHOTICS or other RESTRAINT is their human right

State of the art. We were fortunate enough to find a facility that believed in and followed his directives. It made a very hard experience turn into a loving memory.

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