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# Thoughtful Dementia Care: Understanding The Dementia Experience

**THOUGHTFUL  
DEMENTIA  
CARE:  
UNDERSTANDING  
THE  
DEMENTIA  
EXPERIENCE**

**JENNIFER  
GHENT-FULLER**



## 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 and received much praise over the past ten years. The shorter paper is featured on websites for carers of people with Alzheimer's disease or a related disease, and has been downloaded by thousands of people. Here are some of their comments:

• "This is one of the best things that I have read on the subject of Alzheimer's. I've only gotten to page 4 and I've found the answers to half a dozen situations that have been driving me crazy."

• "Most books are more high-level and don'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."

• "Great article. Going to make copies of it and give them to family and friends that keep saying to me, 'But he seems OK to me.' One of the best articles I have read. I 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."

• "The most helpful article I have found as I attempt to understand the changes in my father's behaviour."

• "The paper examines how everyday life changes for Alzheimer's patients and their families as the disease progresses. The paper also gives a tremendous amount of insight in to the way Alzheimer's patients view different situations and offers suggestions about how to interact and cope."

• "An excellent article that is frequently recommended."

• "The touchstone for entering our loved one's new reality and learning how to respond to confusing behaviours. I have had the opportunity to read many scientific and lay articles but this was one of the best I have ever read."

• "This author must be someone very special. Her understanding of the disease process and her translation for caregivers in the home setting as well as in the healthcare field is so

helpful.â •â œVery instructive reading. It is written in a lively conversational manner that very well suits the caregivers of Alzheimer Disease patients.â •â œA wonderful, easily understood article on dementia.â •â œIt is with immense honor that I send you my heartfelt thank you for your wonderful and amazing paper, â ^Understanding the Dementia Experience.â ™ This is the single most often recommended body of work that we refer families and caregivers to. You have touched hundreds and hundreds into the thousands of caregivers and families from all over the planet.â •

## **Book Information**

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## **Customer Reviews**

Jennifer's book "Thoughtful Dementia Care" is a must read, an excellent read and an easy read. This book has a wonderful way of explaining what it is like to travel this journey through dementia. (1) as the person dealing with dementia and (2) for the person who has taken on the role as the caregiver. I only wish that this book had been available for me, while I was taking care of my husband who suffered from early onset Alzheimer's. The personal stories in this book, gives us all great insight into living life with dementia. It's challenges, it's heart aches and on occasion it's sense humour. Most of all, I feel the one thing Jennifer has done so well, is pull together the education and

the experience, to help one cope to the best of their ability. Lastly, this book is written with such compassion and understanding that one does not have to feel that they are on this path all alone. Well done Jennifer !!!

I liked this book on dementia because it was not written in technical medical terms. This made the book easier to read and understand. This book answered most of my questions on how to work with a love one who has dementia. It also gave a lot of suggestions on how to manage a lot of situations that occur with this type of patient. A very good book!!!

Very informative read giving insight to what the Dementia experience is like for the individual. Helps the caregiver to understand the need for patience and letting go of past expectations a/o behavior patterns.

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!

I bought this book because my Mother has dementia. Most books out there explain the stages of dementia but this one explained it from the patients perspective. It was very informative. My Dad is now taking care of my Mom and this book has helped him learn how to approach her and talk to her.

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.

I have read this book twice; I will continue to reference it, recommend it and use it when I am training staff who deal with residents of long term care homes who suffer from dementia. The

primary purpose of my work is to prevent elder abuse. The ideas and advice offered in this book have enabled me to provide numerous examples for helping staff to "get into the heads" of dementia patients. When staff learn how to do that - many of the issues creating conflict are resolvable. If every care provider read and used this book, I believe it would go far to preventing elder abuse.LS

My mother was having real challenges understanding what has been happening to her husband (my step father). Although he may not have full-blown dementia, at 89 his behavior and comprehension have slipped so dramatically that she (also 89) could not fathom the changes. She said that this book has helped her immensely, and that she will continue to re-read many sections.

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