



Contented Dementia: 24-hour Wraparound Care for Lifelong Well-being

Oliver James

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Dementia is a little understood and currently incurable illness, but much can be done to maximise the quality of life for people with the condition. *Contented Dementia* - by clinical psychologist and bestselling author Oliver James - outlines a groundbreaking and practical method for managing dementia that will allow both sufferer and carer to maintain the highest possible quality of life, throughout every stage of the illness.

A person with dementia will experience random and increasingly frequent memory blanks relating to recent events. Feelings, however, remain intact, as do memories of past events and both can be used in a special way to substitute for more recent information that has been lost. The SPECAL method (Specialized Early Care for Alzheimer's) outlined in this book works by creating links between past memories and the routine activities of daily life in the present.

Drawing on real-life examples and user-friendly tried-and-tested methods, *Contented Dementia* provides essential information and guidance for carers, relatives and professionals.

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