



Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease

Joanne Koenig Coste

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More than four million Americans suffer from Alzheimer's, and as many as twenty million have close relatives or friends with the disease. Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between carepartners and patients and has proven successful with thousands of people living with dementia. Learning to Speak Alzheimer's also offers hundreds of practical tips, including how to:

- cope with the diagnosis and adjust to the disease's progression
- help the patient talk about the illness
- face the issue of driving
- make meals and bath times as pleasant as possible
- adjust room design for the patient's comfort
- deal with wandering, paranoia, and aggression

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