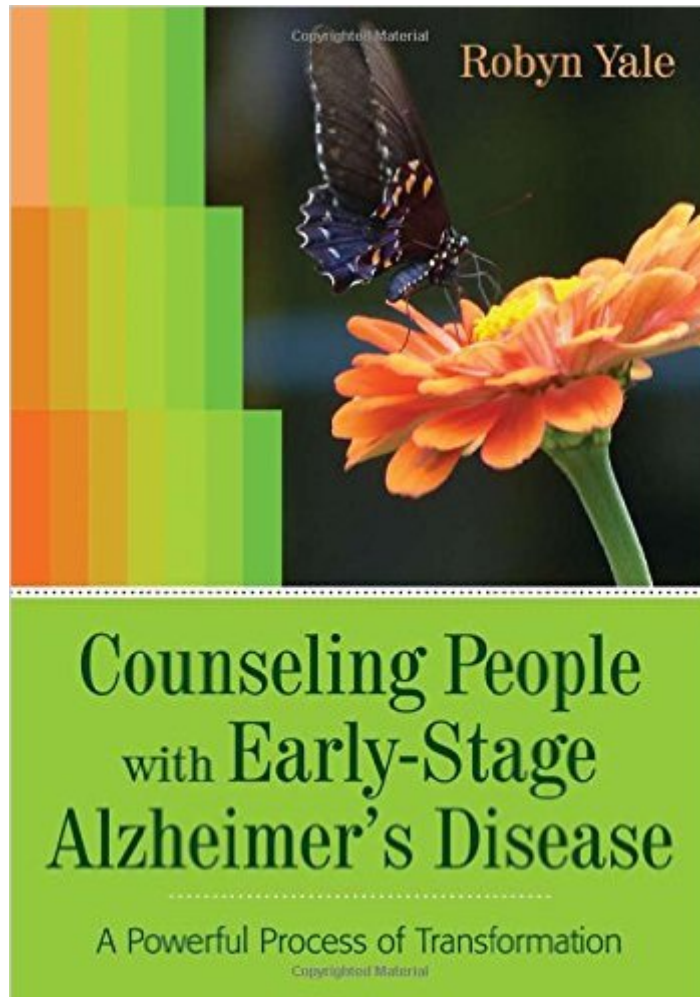


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# Counseling People With Early-Stage Alzheimer's Disease: A Powerful Process Of Transformation



## Synopsis

People with early dementia face enormous challenges in coping with their condition, yet they typically receive no personalized education or support following the diagnosis. Counseling empowers them to understand and come to terms with the illness while also learning to manage and make healthy adaptations to it. With the rapid increase in people diagnosed with early memory impairment and demand for better support services this groundbreaking new guide gives you essential tools to become an integral partner in a process that helps people adjust to the many changes in their lives. Presenting an innovative new counseling framework designed around the unique problems and needs arising from dementia, *Counseling People with Early-Stage Alzheimer's Disease* guides the counselor and client through the many emotional, practical, and lifestyle issues to be faced. In her new and easy-to-follow protocol, Robyn Yale an internationally renowned expert on early-stage support groups explores topics that include identity and self-esteem, resilience, relating to and educating others, stress management, and more. You will come away with an expanded repertoire of specialized skills and support roles including coach, care planner, mediator, communications specialist, and problem solver that will dramatically improve your ability to assist people with early dementia to work through complex emotions tap into useful coping mechanisms focus on capabilities adapt to practical circumstances in their day-to-day activities retain maximum autonomy over lifestyle preferences find new ways to move forward with their lives. At the heart of this approach is the unique story behind each relationship forged between the person with dementia and the counselor. It is sure to spark inspiration and self-discovery in yourself and in those with whom you work!

## Book Information

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## Customer Reviews

Robyn Yale worked with us at the Alzheimer's Association (Georgia Chapter) in developing a counseling program for persons with early stage dementia. We are grateful for her support and expertise in this important area. People diagnosed with early stage Alzheimer's are often emotionally devastated and overwhelmed, not knowing where to turn for help and support. Now, Robyn has written a wonderful book for professionals who can help fill this need. The book provides a clear framework for both the professional and the person with early stage dementia, as they face challenges together. The framework is divided into three domains: emotional adjustment, practical coping, and lifestyle issues. The person and the counselor can explore feelings and challenges, set goals, and move forward. Above all, the message of the book is one of hope. The person with early stage dementia still has a life to live. With the kind of help and support Robyn Yale outlines here, the person feels empowered and supported to live his/her best life. Susan Formby, LCSW, Care Consultant, Alzheimer's Association

When my friend Robyn Yale talked about writing this book, I was interested not only as a friend supportive of another friend's work, but as someone who had been a long term caregiver to elderly relatives. However, when I started reading her book, I quickly realized that its framework for coping with early-stage AD could be applied to any of life's many transformations, including one's one aging process. Its integration of three major areas of coping--emotional adjustment, practical coping strategies and lifestyle issues--provide a blueprint for turning life's corners with optimal support and wisdom. The book is beautifully written and clearly organized. I never felt like I was reading a "clinical tome". I highly recommend Counseling People with Early-Stage AD not only to professionals, but to caregivers and anyone interested in navigating life's changes successfully.

This book is a must-read for anyone working with families facing early-stage Alzheimer's. Yale provides an excellent overview of issues common to persons with Alzheimer's or a related dementia and organizes these issues into a very practical conceptual counseling framework that can be applied to both short or longer-term counseling and support. She embraces the powerful principles of evolution and resilience that are so overlooked in a population where decline and deficits are often the focus. Most importantly, Yale's framework is grounded in years of working directly with

persons with early-stage dementia, so she has effectively developed a model based on that clinical wisdom. Her insight and respect for persons with dementia resonates beautifully throughout the book and results in both a practical and inspiring read.

Robyn Yale's book is clearly written, informative and easily accessible. It offers hope during the early stages of this disease for both patients and families.

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