

## FORGET-ME-NOT SPOTLIGHT

### ***When Reasoning No Long Works – A Practical Guide for Caregivers Dealing with Dementia & Alzheimer’s Care***

***By Angel Smits***

*Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer’s Awareness*

Anyone who has been or is a caregiver knows that most of the time, reasoning with someone living with dementia doesn’t work. In this book, Angel Smits discusses various situations and disrupting behaviors, then talks about how to respond to these situations and, more importantly, how to look for stressors or indications *before* they happen!

The format for each of the eight chapters is the same. At the beginning of each chapter, the author begins with a fictionalized story of Rose and Lou. Even though it is fiction, it is based on a compilation of people Ms. Smits has helped over twenty years of practice. So, the situations and disruptive behaviors can be very real for caregivers and families.

The second part of each chapter is an explanation of why the person living with dementia may be doing what he/she is. She discusses what the person living with dementia may be thinking or feeling. The author also discusses how the caregiver could have reacted to possibly diffuse the situation.

The third part is lists of tips and “tricks” that caregivers and family members can use in caring for their loved one and avoiding disruptive behaviors. In this part, I found that she covered most, if not all, areas that concern caregivers – from diagnosis to catastrophic reactions to wandering, sundowning, repetitive behaviors, pacing, hoarding, delusions, paranoia, sleep disturbances, etc.

The last chapter of the book is very helpful in discussing if or when a person living with dementia should move to a long-term or memory facility. Legal documents and financial issues are also discussed.

Any caregiver or family member could gain valuable information from this book to help them care for their loved one living with dementia.

*This resource will be available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public*

*Library and the Mattoon Public Library in the Forget-Me-Not Resource Centers after the shut down for the COVID-19 virus is lifted. If you do not have a library card, ask at the main desk how you can check it out.*