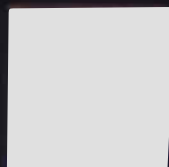


# The Simplicity of Dementia

A GUIDE FOR FAMILY AND CARERS



Huub Buijssen

How do I cope if my wife doesn't recognize me anymore? How should I react if my father gets up in the middle of the night and thinks it is daytime? Where is the balance between caring and worrying? *The Simplicity of Dementia* is an accessible and sympathetic introduction on how to support dementia sufferers at every stage and confront the challenges posed by the condition.

Real-life examples bring this person-centred book to life, explaining how people with dementia experience the progression of dementia. The author reveals the hidden logic behind unpredictable or contradictory behaviours caused by dementia. Using two 'laws of dementia' – disturbed encoding and 'roll-back memory' – he discusses communication problems, mood disturbances and the nature of memory, including how we remember and why we forget. For example, someone with dementia may ask to go home when they already are at home or they may forget everything but seldom complain about their forgetfulness.

*The Simplicity of Dementia* provides essential information and guidance for relatives, carers and professionals looking after or training to work with people with dementia.



**Huub Buijssen** is a psychogerontologist and clinical psychologist. He has written many successful books on dementia and lectures regularly on the subject.

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