



Living Well with Dementia: The Importance of the Person and the Environment for Wellbeing

Sibley Rahman

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There are approximately 800,000 people with dementia in the United Kingdom, costing the economy £23 billion a year. By 2040, the number of people affected is expected to double - and the costs are likely to treble.

This unique guide provides a much needed overview of dementia care. With a strong focus on the importance of patients and families, it explores the multifaceted meaning behind patient wellbeing and its vital significance in the context of national policy.

Adopting a positive, evidence-based approach, the book dispels the bleak outlook on dementia management. Its person-centred ideology considers fundamental areas such as independence, leisure and other activities, and end-of-life care - integrating the NICE quality standard where relevant. It also places great emphasis on the person's own environment including practical home and ward design, the importance of gardens and vibrant communities.

All public and healthcare professionals will be stimulated by Rahman's outstanding assimilation of theory and practice. Patients, their families and friends will also find much for inspiration and practical assistance.

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