

Reinhardt's Rights Guide 2022–2024

Geriatric Care and Dementia

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To grieve is part of living

- Practical therapeutic strategies
- Person-centred, respectful and empathetic



Ulrike Backhaus
**Person-centred Counselling and Therapy
for Loss and Grief**
2nd reviewed edition 2020
188 pages.
(978-3-497-02994-5) pb
€ 26.00

Target Readership

Psychotherapists, bereavement counsellors, psychologists, social education workers, theologians in training and by profession

What happens when grieving individuals are unable to find the strength to learn to live with their altered situations? Counselling or therapy can help them to cope. Carl Rogers' person-centred approach, which is based on respect and empathetic understanding of the person grieving, is particularly suitable.

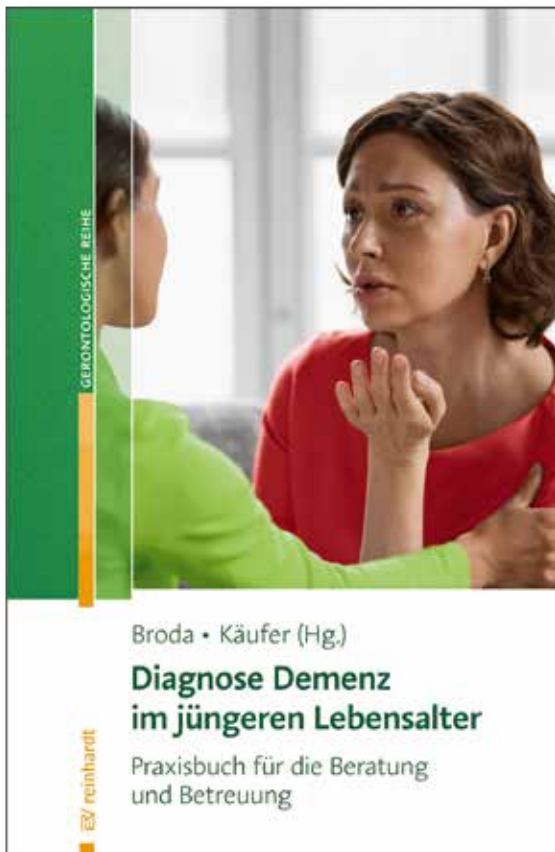
The author provides an introduction to the fundamental principles of grief research and demonstrates how the person-centred approach is applied in grief counselling. Various reactions by grieving individuals and empathetic, helpful interventions are clearly described on the basis of numerous case studies. This unique method allows grief counsellors to support the bereaved on their personal journeys through the crisis.

Author Information

Ulrike Backhaus, Siegburg, Germany, is a graduate social education worker with further training in person-centred psychotherapy. She has been providing seriously ill, dying and grieving individuals with support in hospitals and hospices for many years, including at her own practice since 2004. She runs training courses and advanced courses in the fields of palliative care and bereavement counselling.

I guess I'm the youngest here?

- The latest specialist knowledge on a challenging counselling topic
- Practical advice for those providing empathetic support



Bianca Broda/Dieter Käufer (eds.)

Early-Onset Dementia

Practical handbook for counselling and support

2022

147 pages. 2 tables.

(978-3-497-03107-8) pb

€ 24.90

Target Readership

Professionals employed in Alzheimer's societies, care support centres, social counselling centres in hospitals and diagnostic institutions and other institutions offering counselling and support for people with dementia and their relatives, relatives

People who are diagnosed with early-onset dementia, usually between 40 and 65 years of age, are confronted with special challenges: how will the increasing symptoms affect working life, family, future plans and quality of life in general?

This book provides professionals advising those diagnosed with early-onset dementia with an excellent framework for their demanding task. It includes the requisite specialist medical information on diagnoses, symptoms and progressions, as well as an overview of everyday topics such as forms of care and residential arrangements, counselling services, early retirement planning, partnership, etc. Real-life case studies illustrate how effective empathetic counselling can be. The focus is always placed on the individual, who must be understood in the context of their particular characteristics, wishes and needs.

Author Information

Dieter Käufer, a grad. social education worker, was the head of the Federal Workers Welfare Association's (AWO) Dementia Centre in Wolfratshausen for many years, and is also a member of the board of the Regional Association of Alzheimer's Societies in Bavaria and a speaker on all aspects of dementia.

Bianca Broda has a degree in social education and management and is a former director of the Alzheimer's Society in Munich. She currently works for the Federal Workers Welfare Association's (AWO) Regional Association Brandenburg Süd e.V. as head of the department of integration support facilities.

Death by voluntary fasting

- Medical and legal aspects of fasting to death
- Rediscovering dying with dignity



Boudewijn Chabot/Christian Walther

Exit Strategy

Death by voluntary fasting – an autonomous death by abstaining from food and drink
6th revised edition 2021
226 pages.
(978-3-497-03049-1) pb
€ 24.90

Target Readership

All those interested in patient autonomy at the end of life, particularly medical and healthcare professionals active in the fields of hospice and palliative care

When the blessings of high-tech medicine become a curse for the terminally ill, only prolonging their suffering, and they express the wish to die, there is an escape route: death by voluntary fasting, or the deliberate abstinence from food and fluids.

The authors clarify the medical aspects of death by voluntary fasting in a comprehensive manner, informing readers of the legal considerations which apply to this decision. Patients wishing to end their lives in a dignified manner form the focus of this book, as well as relatives, caregivers and doctors who accompany them on the difficult path to death by voluntary fasting.

Author Information

Dr. med. **Boudewijn Chabot**, PhD, Haarlem, Netherlands, psychiatrist and social scientist.

Dr. rer. nat. **Christian Walther**, retired neurobiologist, worked at the Institute of Physiology at the University of Marburg, Germany.

A »good« goodbye – is that even possible?

- Learn to offer competent support
- Includes a chapter on the pandemic



Iris Grabowski

The Difficult Farewell

Helping healthcare professionals to cope with the process of dying more effectively
2022
175 pages. 6 illustrations.
(978-3-497-03094-1) pb
€ 19.90

Target Readership

Healthcare professionals, palliative care providers, pastoral workers relatives of the dying

Goodbyes are rarely easy, because they signify separation. In the nursing profession, farewells form part of people's everyday work. Making these as dignified and loving as possible often proves challenging. But what's the best approach when the circumstances are even more difficult? When hygiene regulations preclude the personal presence of relatives or personal tensions appear to make a reconciliatory farewell impossible, for instance?

The author paints a realistic picture of death and dying. It is a process that can be difficult, lonely and irreconcilable. However, carers and relatives do not have to face these difficult farewells without support. Iris Grabowski uses her extensive counselling experience to underline ways in which carers can support themselves mindfully, and includes helpful resources for relatives and those otherwise affected.

Author Information

Iris Grabowski, Marburg, is a paediatric nurse and lecturer for nursing professions, Gestalt therapy educator and systemic counsellor with the Systemic Society – SG. She founded the Marburg Academy for Nursing and Social Professions (MAPS) in 2005 and works as a lecturer and counsellor and volunteers in an inpatient hospice.

Diagnosis »dementia«

- Coping skills for everyday life with dementia
- Designed specifically for sufferers



Eva Helms
It's Not All Dementia!
A book of encouragement
post-diagnosis
2020
168 pages
(978-3-497-02800-9) pb
€ 19.90

Target Readership

Early-stage dementia sufferers and their relatives

For those in the prime of life, a dementia diagnosis comes as a shock. But nobody loses all their skills overnight. Which opportunities exist for retaining short-term memory, concentration and orientation for as long as possible? This guide takes into account both illness-related situations, such as visits to doctors and therapists, and events in everyday life, including driving, shopping, running the household and finances. Special attention is paid to the needs of those living alone and to organisational and technical resources used to preserve everyday skills.

This book encourages people to live with the disease in an autonomous way!

Author Information

Eva Helms, Dresden, Germany, a consultant in the field of geriatrics and geriatric psychiatry, is founder of the consulting company Convitas and advises on the development of sustainable projects for autonomous old-age living – with and without dementia.

Creating moments of happiness with dementia

- Understanding dementia, enabling satisfaction
- Resource-oriented, empathetic approach



Stefanie Hesper/Harriet Heier

Moments of Happiness for People with Dementia

A how-to support guide for professionals

2021

102 pages. 11 illustrations. 4 tables.

(978-3-497-03062-0) pb

€ 19.90

Target Readership

Nursing professionals, social education workers, daily companions and carers as well as occupational therapists and physiotherapists

Happiness is multifaceted and individual. It can be expressed boldly or subtly, but is always associated with well-being and contentment. People with dementia experience happiness like everyone else, sometimes even more intensely. In the advanced stages of the disease, however, it becomes difficult for them to create such moments of happiness independently. Effective, meaningful support for happiness succeeds when professionals can positively redirect typical behaviours in cases of dementia.

A compact overview of the forms of dementia is provided by way of introduction, and refreshes readers' specialist knowledge. In addition to a neurophysiological context, the authors provide concrete suggestions on how well-being can be integrated into the daily lives of those affected. Here, the concept of the »hand of happiness« symbolises important areas with each finger.

Author Information

Stefanie Hesper is an occupational therapist with a focus on dementia and has been managing the institute »Fortbildung mit Herz« (Training with Heart) in Herborn since 2020, which offers further training for staff working in the fields of geriatrics and gerontopsychiatry.

Dr. **Harriet Heier**, graduate psychologist, is a psychological psychotherapist in private practice in Minden/Westphalia. She is the chairperson of the association »Leben mit Demenz – Alzheimergesellschaft Kreis Minden-Lübbecke e.V.« (Living with Dementia – Alzheimer's Society in the District of Minden-Lübbecke e.V.).



Animals as valued companions for dementia sufferers

- For different stages of dementia
- Descriptive practical examples and photos

Anne Kahlisch Markgraf
**Animal Assisted Interventions
for People with Dementia**

2020
164 pages. 80 illustrations.
(978-3-497-02940-2) pb
€ 24.90

Target Readership

Professionals working in retirement and nursing homes, clinics, outpatient and day care centres and education institutions for senior citizens, decision-makers in the care sector, providers of animal-assisted interventions, relatives of people with dementia

Stroking an animal brings a smile to everyone's face. Animals also have an extremely positive effect on people with dementia. They provide affection, ensure well-being and security and help sufferers to express themselves. People with dementia live in their own worlds – and animals can be an immense help when it comes to reaching them.

The author describes animal-assisted interventions for people with dementia in a practical way, using clear examples. She explains the relevant legal foundations and provides numerous ideas for activities with dogs, cats, rabbits, guinea pigs, birds, fish and other animals suited to those in different stages of dementia. The ideal practical beginners guide to animal-assisted interventions for dementia sufferers!

Author Information

Anne Kahlisch Markgraf, Brandenburg, Germany, a graduate social educationalist, specialises in animal-assisted work with dogs and horses. She works with various animals in retirement homes, among other places, and is a lecturer in the field of animal-assisted interventions.

Communicate empathetically

- How can we learn to understand the world of people with dementia?
- Numerous suggestions for practical lessons



Vicki de Klerk-Rubin
Dementia in the Family
Validation for relatives
5th updated edition 2022
127 pages. 16 illustrations.
(978-3-497-03123-8) pb
€ 22.00

Target Readership

Anyone caring for someone with dementia, whether at home or in a nursing home

How can we learn to better understand the fascinating world of people with dementia? How can we deal sensitively with difficult behaviour in everyday situations?

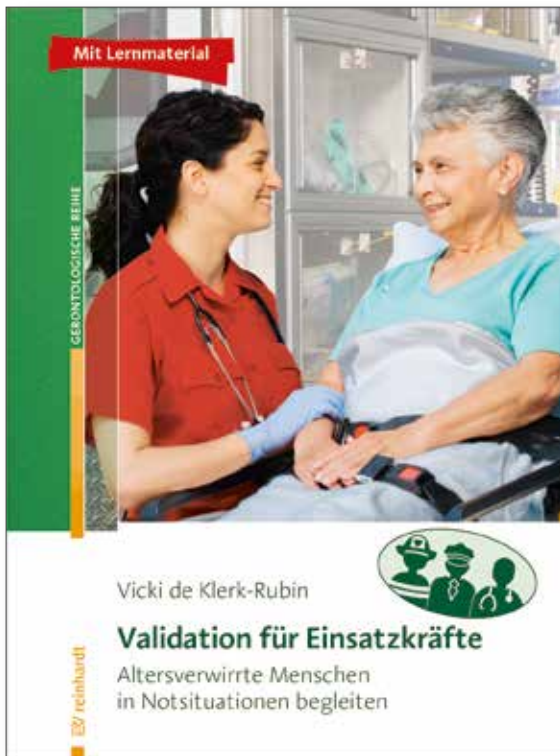
Here, the validation method has proved effective, where disoriented old people are approached compassionately. Care professionals have been using and appreciating this method for a long time. This book provides relatives, neighbours and friends who care for a loved one with dementia with a comprehensive introduction to this method.

Author Information

Vicki de Klerk-Rubin, Den Haag, the Netherlands, is a nurse and Validation master teacher. With her mother, Naomi Feil, who founded the method, she has continued to develop Validation theory and practice, and is now the Executive Director of the Validation Training Institute.

Communicate with older adults with cognitive decline

- Learn how to best approach a person with dementia
- Including exercises and self-evaluations, with links to online study materials



Vicki de Klerk-Rubin

Validation for First Responders

Communicate with older adults with cognitive decline in emergency situations

2020

105 pages.

(978-3-497-02887-0) pb

€ 29.90

Target Readership

Professional first responders working in the rescue services, police forces and fire departments

Helping very old, disoriented people in emergency situations can be challenging. Using true stories of everyday situations from police officers, paramedics and firefighters, the author shows how Validation can be an effective tool for communication. Knowing specific techniques for building rapport quickly and communicating effectively with people who have cognitive decline makes the job easier and more satisfying.

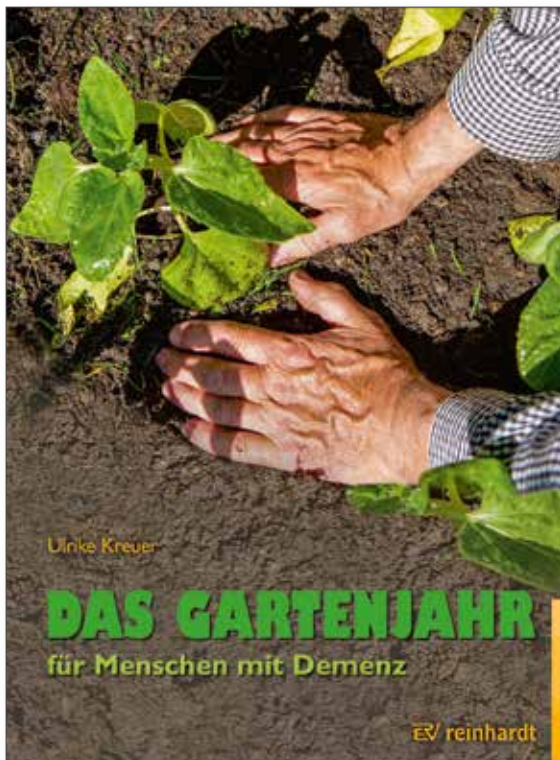
This tried and tested resource for professionals in the field of geriatric nursing, Validation is now accessible to those trying to save lives.

Author Information

Vicki de Klerk-Rubin, Den Haag, the Netherlands, is a nurse and Validation master teacher. With her mother, Naomi Feil, who founded the method, she has continued to develop Validation theory and practice, and is now the Executive Director of the Validation Training Institute.

Awakening memories with the scent of herbs

- Health-promoting and mobilising strategies
- Many ideas also suitable for balconies and interiors



Ulrike Kreuer
**The Garden Year for People
with Dementia**

For outdoors and indoors
2022
180 pages. 45 illustrations.
(978-3-497-03095-8) pb
€ 29.90

Target Readership

Relatives and acquaintances of people with dementia, those supporting dementia sufferers, occupational therapists, (care) professionals

Footprints in the snow, delicate buds in spring and the scent of freshly plucked herbs from the kitchen workbench. All this can bring back treasured memories for people with dementia and build a precious bridge between the past and the present. Most people suffering from dementia are cared for at home by relatives or friends; a demanding and often exhausting task. It can thus be helpful for both sides to immerse themselves in creative, light-hearted activities around the theme of the garden, as, for many dementia sufferers, the garden is a place with positive memories. The months form the book's basic structure, and lead through the seasons of the garden year.

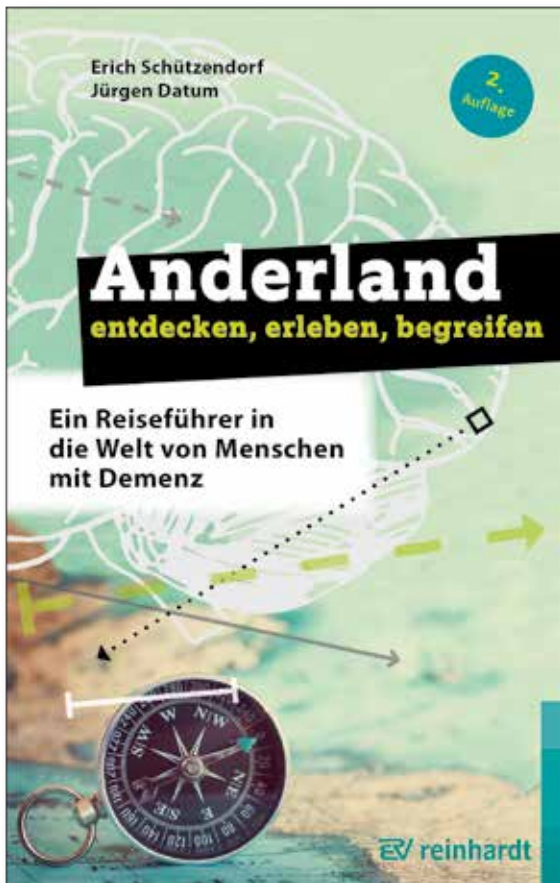
Relatives or carers can choose from a wealth of garden-related ideas, on a scale ranging from small to large. The health-promoting effects are clearly stated – an important aspect for professionals and carers in care facilities.

Author Information

Ulrike Kreuer, Nettersheim, is a horticultural engineer with many years of experience and a horticultural therapist according to the standards published by the International Society for Horticultural Therapy (German: IGGT). She has been designing gardens for people with dementia and showing people how to use these in situ since 2003.

Dementia – a different view

- Typical problematic situations familiar to all relatives
- Tips for more appropriate ways to (re)act



Erich Schützendorf/Jürgen Datum

Discovering, Experiencing and Understanding Otherland

A travel guide to the world of people with dementia
2nd reviewed edition 2024
143 pages. Four-colour inner section.
(978-3-497-02898-6) hb
List price: € 24.00

Target Readership

Caregiving relatives, those in close contact with dementia sufferers, professionals and volunteer staff working in the field of health care and geriatric nursing, care consulting services, employees of public counselling services, doctors

This is a book on dementia with a different approach: a travel guide leading readers to Otherland, with advice on how to better understand those who live there. It takes us to the heart of the country inhabited by people with dementia, a land with a latitude of fantasy and creativity and a longitude of folly and emotion.

Those embarking on this journey should leave their prejudices behind and be willing to enter new territory in every sense of the term, like an ethnologist who forgoes missionary crusading in favour of discovering, experiencing and tolerating an alien culture. This travel guide provides helpful tips on dos and don'ts en route. It is indispensable for all those with relatives, acquaintances or friends in Otherland: rich in surprisingly plausible explanations, entertaining factual accounts and curious text documents, it provides readers with a wealth of helpful ways to (re)act.

Author Information

Erich Schützendorf, grad. educator, former VHS (German Adult Education Centre) director and department manager for ageing-related issues at the adult education centre in the district of Viersen, Germany, has dedicated himself to passing on his experiences of interacting with dementia sufferers in the form of his numerous publications and lectures.

Jürgen Datum, freelance copywriter, Solingen, Germany, has drawn on his personal experiences of dementia in his immediate family to inform and inspire this book.

Living a safe, yet dynamic life

- 13 areas of intervention
- Step by step from needs analysis to documentation



Ruth Wetzel
**Getting the Most from
Life with Dementia**

Person-centred activation step by step
2nd updated edition 2024
167 pages. 29 illustrations. 39 tables.
(978-3-497-03063-7) pb
€ 24.90

Target Readership

Nurses, gerontopsychiatric specialists, carers, daily companions, occupational therapists, speech therapists, geriatric therapists, garden therapists in training, by occupation and in the field of further education

People with dementia go through several different stages as the disease progresses, which are not always easy for them or for their environment. At the same time, they require increasing support as they navigate many everyday activities. How can professionals convey safety and security along with their care? How can they use the time together to maintain skills, consolidate the personality and evoke memories?

This book teaches the theoretical basics of person-centred care for dementia and shows how it can be implemented in everyday life step by step. A variety of methods, from the biographical treasure chest to animal-assisted intervention, are presented with case-studies in six stages, from needs assessment to documentation. Numerous working materials facilitate the individual adaptation of care plans.

Author Information

Ruth Wetzel, Balzheim, a nurse, geriatric therapist, gerontopsychiatric specialist, memory trainer and speaker on the subjects of generational and geriatric work, is a freelance lecturer and speaker with a focus on dementia in basic, further and advanced training.



Are you a parent caretaker?

- Balance looking after your parents and your own well-being
- Checklists, situational analysis, ideas for everyday structure

Petra Brigitte Wieschalla

Survival Tips for Parent Caretakers

Support parents, avoid pitfalls

2nd edition, 2022

175 pages.

(978-3-497-02985-3) pb

€ 22.00

Target Readership

Adult children caring for their elderly parents or parents-in-law, specialists working with relatives at psychosocial and care consulting centres

»I take care of my elderly parents, and it's all getting too much.« Any parent caretakers can relate to this statement. Even if these daughters and sons are not directly involved in the physical care of their parents, they are greatly concerned with their well-being and care in an organisational and emotional sense.

The author vividly describes the various tasks and challenges faced by parent caretakers, including conflicts between siblings and the correct way to approach dementia. She demonstrates that it is possible to take care of parents and simultaneously engage in self-care. Here, prerequisites include a realistic assessment of the situation, effective communication, staying informed about age-related changes and adequate self-care.

An encouraging book for all parent caretakers who seek to reclaim control of their lives.

Author Information

Petra B. Wieschalla, Frankfurt am Main, Germany, advises people caring for their elderly parents in her capacity as a coach for relatives, a dementia counsellor and consultant.

Where words reach their limits

- **Manual for music therapy Interventions**
- **Application-oriented for common geriatric conditions**



Alexander Wormit/Thomas Hillecke/
Dorothee von Moreau/Carsten Diener
Music Therapy in Geriatric Care
2020
150 pages. 16 illustrations. 8 tables.
Four-coloured inside
(978-3-497-02942-6) pb
€ 26.90

Target Readership

Professional and trainee music therapists, (psycho-)gerontologists, nurses and nursing specialists and all other professional groups caring for elderly dependants

Music gives people the opportunity to make themselves heard, even if they cannot communicate verbally or words have long become empty vessels. Music helps people to find a way out of their isolation, take pleasure in making music together or enjoy soothing sounds in an individual therapy setting. Its individual design ensures that it offers suggestions for a range of moods experienced in everyday geriatric life, and can help in difficult situations.

Here, the creative work is always grounded in professional theory – sometimes subtly, yet playfully, or expressively, which is used to describe the respective mood. The book explains the objectives and methods of music therapy for older people. It provides numerous tips on precise intervention sequences as well as the use of instruments, choice of music and related conversational topics.

Author Information

Prof. Dr. **Alexander Wormit** teaches clinical music therapy and heads the Bachelor's degree course in music therapy at the SRH University Heidelberg (UAS), Germany.

Dr. **Thomas Hillecke** teaches clinical psychology and heads the Master's degree courses in music therapy and dance and movement therapy at the SRH University Heidelberg (UAS).

Prof. Dr. **Dorothee von Moreau** is head of the teaching clinic for music therapy and dance and movement therapy at the SRH University Heidelberg (UAS).

Prof. Dr. **Carsten Diener** is prorector for research and practice transfer at the SRH University Heidelberg (UAS) and heads the Bachelor's degree course in psychology within the faculty of applied psychology.

Magical dog stories

- For daily life in care homes and in the home
- Provides easy ways to converse with those with dementia



Uli Zeller

Memories on Four Paws

Dog-related stories to read aloud to those with dementia
2023, 95 pp.
(978-3-497-03219-8) pb
€ 13.90

Target Readership

Geriatric care professionals, daily companions, carers and relatives of people with dementia

Dogs are commonly referred to as »man's best friend«. They often accompany us throughout our lives. This story book for people with dementia tells stories about dogs with humour and warmth: a new dog joins the family, another one visits young patients in hospital or even causes a stir at a football match.

The stories are meant to bring a smile to the face of the reader and listener and get them talking: does a story evoke memories? What perhaps triggers feelings of longing? Each story contains a motivating idea, e.g. touching dog accessories, and a conversation starter, e.g. »What do you and your dog enjoy?« The diverse topics are a rich resource for group sessions or reading time with family members.

Author Information

Uli Zeller, a nurse and theologian, works at a retirement home in Singen and trains carers and relatives of people with dementia.

More books from the same series:



More Short Stories

(978-3-497-03016-3) pb



Humorous Stories

(978-3-497-02975-4) pb

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