

Margaret has been diagnosed with dementia. Her daughter, Kathy, is her caregiver. Margaret and Kathy are concerned about Margaret's future and being able to meet her evolving needs at home.

### Common Dementia Care Experience

Many people like Margaret and Kathy feel uncertain about how to access the resources and support they need.

Margaret's doctor diagnoses her with dementia. Margaret and Kathy search the internet for more information.

Margaret starts taking the wrong medication dosages. Kathy takes on the daily responsibility of managing Margaret's medications.

Kathy becomes stressed each evening that Margaret may wander. Margaret becomes aggressive when Kathy tries to keep her at home.

Kathy plans for a neighbor to stay with Margaret. The neighbor cancels last minute and Kathy misses her appointment.

Margaret wanders away from home at night and is taken to the hospital.

### Experience Under GUIDE

The Guiding an Improved Dementia Experience (GUIDE) model offers a comprehensive package of services to improve the quality of life for people with dementia as well as reduce the strain on their caregivers.

Margaret receives a comprehensive assessment and a home visit to identify safety risks. Kathy's needs are also addressed.

The care team works with Margaret to develop a care plan based on her goals and preferences. The care plan includes a referral to a home-delivered meal service and tips on how Margaret can maintain her medication schedule.

Kathy enrolls in caregiver skills training. The next time Margaret tries to wander at night, Kathy calls the care team for support and convinces Margaret to stay home.

Margaret's dementia has progressed so that Kathy is unable to leave her alone. Margaret receives 4 hours of in-home respite care so that Kathy may attend her doctor's appointments.

# Kripaulu Program Guide

**Puja Mehta**



## **Kripaulu Program Guide:**

Choices in Healing Michael A. Lerner, 1996-02-28 Written by one of the country's leading authorities on alternative and complementary cancer treatments Choices in Healing is designed for the cancer patient or health professional who seeks a comprehensive overview of the available choices both in treatments and in living with cancer Choices in Healing offers valuable information and guidance for the whole life cycle of cancer from the initial shock of diagnosis to decisions about choosing a physician and conventional therapies selecting complementary therapies coping with treatment and the art of living fully with the possibility of recurrence There are detailed explanations and evaluations of a wide range of complementary therapy programs including spiritual and psychological approaches nutritional therapies physical therapies pharmacological therapies and traditional medicines from around the world There are sections on prayer and other forms of spiritual healing psychotherapy support groups visual imagery and hypnosis massage therapeutic touch yoga and Qi Gong macrobiotic diet and other cancer diets acupuncture and Chinese herbal medicines and numerous other unconventional therapies used by American cancer patients With an unusual combination of compassion and objectivity Michael Lerner describes his conclusions following more than a decade of study of unconventional cancer treatments in North America Europe India and Japan He also draws extensively on his work with hundreds of cancer patients who have participated in the Commonweal Cancer Help Programs the residential support program depicted by Bill Moyers in his 1993 PBS documentary Healing and the Mind

Kripalu Yoga Richard Faulds, Senior Teaching Staff KCYH, 2010-11-03 Over an extraordinary thirty year history Kripalu Center has been a pioneer in combining authentic yoga with a contemporary Western lifestyle John Abbott President Yoga Journal From the senior teachers of the world renowned Kripalu Center for Yoga Health the largest yoga and retreat center in North America comes this comprehensive guide to the unique and influential Kripalu method which emphasizes individual growth over outward perfection of form making it accessible to people of all ages fitness levels and body types KRIPALU YOGA A Guide to Practice On and Off the Mat Beginning with step by step experiences that teach essential body and breath awareness Kripalu Yoga features fully illustrated routines for beginners and intermediate students including Kripalu's easy to follow press point instructions For advanced students there is a broad menu of additional poses to increase strength flexibility and challenge Far more than an exercise program Kripalu Yoga also teaches the lifestyle practices and energy techniques that make yoga a powerful catalyst for physical healing psychological growth and spiritual awakening

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educational opportunities in areas from Chinese medicine and massage therapy to chiropractic and applied kinesiology

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