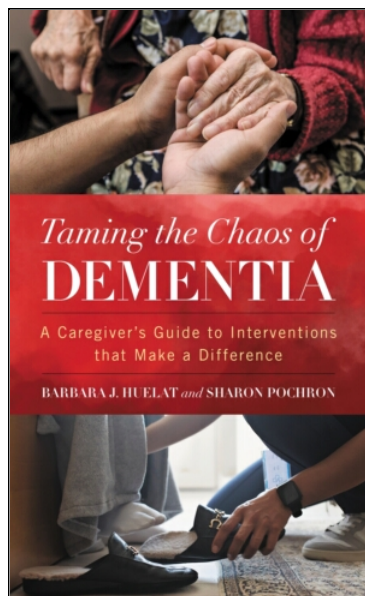




Taming the Chaos of Dementia

A Caregiver's Guide to Interventions That Make a Difference

Barbara J. Huelat & Sharon T. Pochron, PhD

"Dementia takes a toll on loved ones, and Huelat, with her daughter, Pochron, offers a candid account of lessons learned during her own caregiving journeys. She watched over her mother, diagnosed with Parkinson's and dementia, and her husband, diagnosed with Alzheimer's. Huelat's well-written guide should appeal to a broad audience since dementia is the most common disability among the elderly.... She offers sound ideas such as installing motion-sensor lights by bathrooms and stairs, using clothing with Velcro and snaps, exploring the outdoors, making a playlist of favorite music, and reminiscing with photo albums. 'Our people have had long and rich and interesting lives,' Huelat writes. 'The dementia part is only a short chapter.' Helpful and uplifting." **Booklist**

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If you are caring for someone with dementia, you might feel like someone changed the rules of reality. Authors Barbara Huelat and Sharon Pochron support both caregiver and the person with dementia alike with non-pharmaceutical therapeutic interventions that target the miseries of dementia behaviors, triggers, and casualties induced by them.

Options include human engagement, the experience of destinations, positive distractions, familiar settings, furnishings, light, color, technology, nature, and the emotion of the senses. No cure exists for dementia, but the tips, strategies, and suggestions included here provide tools for caregivers and those with dementia to make the experience more comfortable and calm.

Barbara J. Huelat, FASID, AAHID, EDAC, is nationally recognized for work in patient-centered design. Her three decades as a design practitioner cover virtually all types, components, and sizes of domestic and international healthcare, government, and VA facilities. Currently, she is Design Principal of the interiors firm Healing Design in Alexandria, VA. She is a past president of the American Academy of Healthcare Interior Designers. Barbara has been honored with numerous design awards for projects of excellence, as well as personal recognition for ASID, Designer of Distinction, Humanities Design Award, Luminary Award and Fellow. Huelat has authored two books: *Healing Environments: Design for the Body Mind & Spirit* and *Healing Environments, What's the Proof?* Barbara lectures frequently on a spectrum of healthcare design topics. She resides in Alexandria, VA.

Sharon Pochron, a professor at Stony Brook University, runs an environmental science laboratory that studies the effects of human impact on ecosystems. Her most recent work covers topics that include the impact of agrochemicals on soil health and nature-based methods to offset climate change. She has also published animal-centered articles for kids in *Highlights for Children*.

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