

## ***Meet Me Where I Am***

Mary Ann Drummond

***Meet Me Where I Am*** is a wonderful guide, particularly for those who interact with someone who has Alzheimer's disease or another form of dementia. With incredible sensitivity and warmth, Ms. Drummond draws from her experiences with patients and families through her almost-30 years as a registered nurse. Through opportunities to "walk in the shoes" of one who is living in a world of cognitive diminishment, Drummond shares valuable understanding about the diseases and specific tips as to how family members and caregivers may respectfully, compassionately and effectively interact with a loved one, patient or client. Cautioning that the disease offers no guarantees as to responses from one day to the next, Drummond focuses on helping the reader understand the world in which the loved one lives and the role of caregiver attitudes, emotions, words and actions. With heart-warming stories of patients and families, the 137 page book provides specific strategies for minimizing frustration and maximizing success: strong advocacy for redirecting and reminiscing strategies; a top ten list of Alzheimer's care do's and don'ts; the value of combining visual, auditory and tactile presentation of information; three basic questions to ask to determine whether intervention is necessary with a particular behavior or action; activities that signal dangerous wandering or exit-seeking behaviors; and a checklist of questions to ask when considering an Alzheimer's care facility.

Recognizing that five million persons currently have Alzheimer's or another form of dementia, and that that number is predicted to swell dramatically as our population ages, ***Meet Me Where I Am*** is a must-read for all, particularly those who have a loved one with Alzheimer's or another dementia and those who work with the aging population.

**Mary Ann Drummond** has nearly 30 years of nursing experience and has spent the last thirteen years of her career as an executive, working in the assisted living industry. With responsibility for Alzheimer's programming design and implementation for multiple special care units throughout the state of North Carolina, she has learned much from the greatest teachers of all, those who suffer daily with Alzheimer's disease. Ms. Drummond has developed a passion for educating others in ways to successfully meet the needs of the Alzheimer's patients and often dedicates time to present her unique concepts at caregiver symposiums and various community health presentations. ***Meet Me Where I Am*** is Ms. Drummond's second book, with an activity aid for the cognitively impaired called ***I Choose to Remember*** being her first.