

NEW RELEASE – available on Amazon

Living With Dementia Doesn't Mean You Stop Living

Practical strategies to support quality of life for your loved one and yourself.

By Kristine Cichowski, MS, CDP, CMDCP

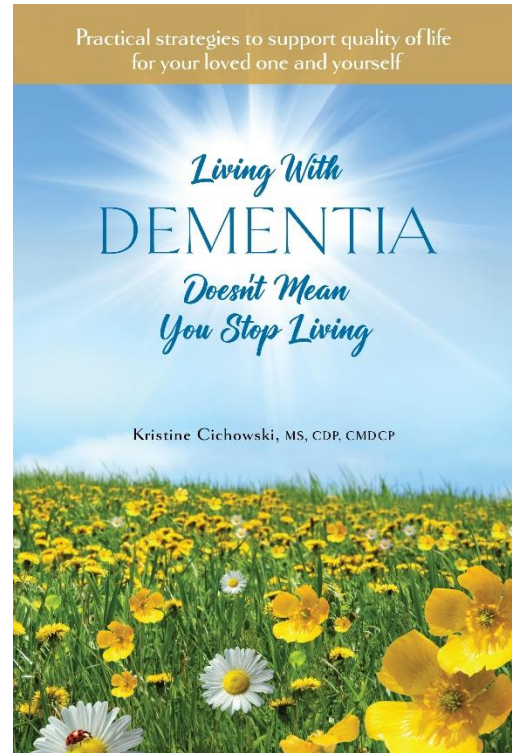
Are you struggling to get your family all on the same page in understanding changes due to dementia? Do you feel uncertain or uneasy in how to respond when your loved one exhibits unexpected behavior? Or maybe you feel like you have hit a roadblock in communicating effectively and are starting to feel burn out? Kristine Cichowski provides practical strategies to help reframe your mental model on living with dementia.

Designed to help all persons involved in dementia care - caregivers, family, friends, and health professionals - each chapter contains practical strategies to support interpersonal relationships with ways to address changes that occur at various stages of Alzheimer's disease or other related dementias.

This easy to read, basic information book will help you:

- Understand dementia, associated behaviors, and the fundamentals of dementia care
- Develop strategies for effective communication and challenging behaviors
- Identify ways to help your loved one stay engaged and included in meaningful activities
- Ensure continuity of care when living environments change
- Discover ways to enhance quality of life through use of Montessori principles

Discover your ability to adapt, accommodate, and enhance care and quality of life for your loved one and yourself.



Kristine Cichowski is an educational and business consultant who has worked in the healthcare industry for over 30 years. As a Certified Dementia Care Practitioner and Certified Montessori Dementia Care Professional, Kristin conducts seminars and workshops on topics of family empowerment, team building, and work-life integration. Kristine founded her company Power To Be, to help individuals, families, professionals, and community organizations connect to resources that enable self-determination, goal achievement, and active community participation. PowerToBe.net



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“LIVING WITH DEMENTIA DOESN'T MEAN YOU STOP LIVING is a **“Must Have Guide”** for every family member, friend, and/or health care professional who is caring for an individual with dementia. This easy to read, educational, and encouraging book offers readers candid, compassionate, and comforting solutions to care for themselves, while caring for a loved one or patient. This book is an expertly written and is a quintessential reference guidebook everyone should have on their bookshelf!”

Sheila N. Glazov, is a family member whose loved ones have, and have had, dementia. She is the author of the ***What Color Is Your Brain?***® books, an educator, and a professional speaker.

“This book is an engaging combination of practical strategies and information to support quality of life for both the person living with dementia and their care partner. Written with insight, passion, and knowledge of the complexities of dementia, Kristine Cichowski reframes our mental model and arms us with practical strategies of accommodation. Readers receive a personal and insightful conversation with a wise and compassionate expert in dementia care. It is a “must read” for all involved in the dementia journey - family, friends, and health care professionals - regardless of the stage of the disease.”

Ruth Ann Watkins, MBA, OTR, FAOTA is Chair of the board of the RRF Foundation for Aging, former President of the board of The Village Chicago and a founding leader of The Village Chicago Brain Health and Memory Loss Program.

To learn more about speaking opportunities for your team or organization

contact Kristine at 847-951-3365 or visit PowerToBe.net