

## CONNECTING THE DOTS

*Breakthroughs in Communication as Alzheimer's Advances*

JUDITH L. LONDON, PH.D.

“*Connecting the Dots: Breakthroughs in Communication as Alzheimer's Advances* is a breath of fresh air. Judith London's focus on person centered communication goes beyond the basics to helping families and professional caregivers truly connect with the individual in a deeper manner. **Connecting the Dots** shows relatives new approaches to reach out to their loved ones as Alzheimer's progresses.”

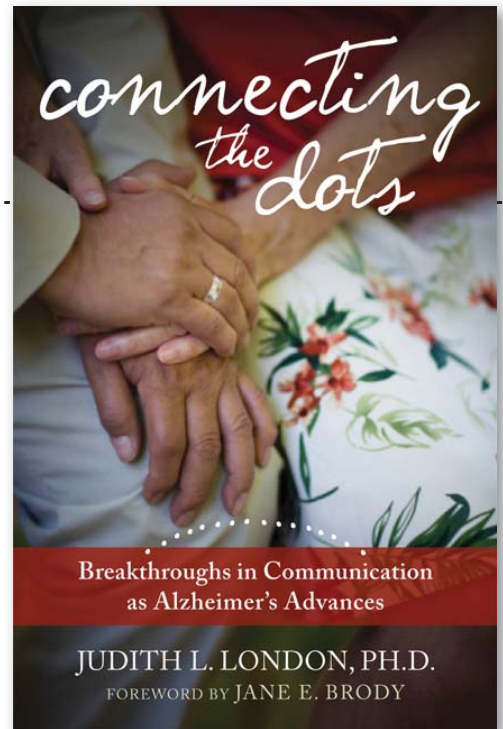
**Elizabeth Edgerly, Ph.D.**  
Chief Program Officer  
Alzheimer Association of  
Northern California

About half of the five million people in America with Alzheimer's disease are in the middle to late stages.

The widespread notion of the medical establishment is that it is impossible to communicate with these individuals, and family members and friends should give up hope of being able to salvage a real relationship with their loved ones with Alzheimer's.

By working with Alzheimer's patients and their families for more than sixteen years, author Judith London has learned that in fact, people can learn how to “connect the dots” of scattered information offered by people with Alzheimer's and maintain a sense of connection with their loved ones.

**Connecting the Dots** shows readers how to reach the minds and hearts of people with middle to late stage Alzheimer's who may no longer initiate conversation. Compelling and inspiring anecdotes from the author's work reveal the depth of feeling and insight still present in advanced Alzheimer's patients. After each anecdote, the author explains the technique she used to draw meaning from the Alzheimer's patient's communication, then shows readers how to use it with their loved ones. The book also includes chapters of pertinent, accessible information on Alzheimer's that will help readers understand how the brain is affected by the disease. Using **Connecting the Dots** as a guide, family can better navigate their relationships with their loved ones and keep a meaningful connection

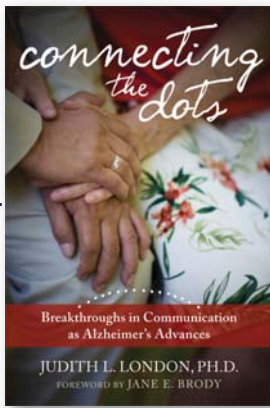


FOR AN INTERVIEW REQUEST *or*  
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### CONNECTING THE DOTS

Breakthroughs in Communication as Alzheimer's Advances  
by Judith L. London, Ph.D., foreword by Jane E. Brody  
December 2009 / 978-1-57224-700-0 / \$18.95 / 6 x 9 / 200 pages



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### Praise

"We all know the difficult decisions and anguish that we go through as loved ones of people with Alzheimer's. Judith London has distilled her years of experience and organized the information in a way that is easy to understand, constructive, and even positive. My mother has been very slowly losing her memory, and through London, I have come to understand that much of my mother's communication difficulties are not only due to her poor memory, but also to her need to receive reassurance that her concerns have been addressed. On Thanksgiving, I instructed my children not to slough off my mother's concerns, but rather to engage her in a conversation about them, answering her questions lovingly and patiently. What a difference this made in enabling my mother to let go of her worries. I highly recommend this guidebook to anyone facing the travails of Alzheimer's. London's guide will be a priceless gift to yourself and you deserve to have it."

—Karen Salzer, Ph.D.

"The radical new frontier of medical science reverses the traditional practice of taking things apart to find out how they work by listening to Aristotle's advice to 'connect the dots.' The whole is more than the sum of the parts. Alzheimer's disease is a summation of multiple vacancies made whole by London's synthesis."

—Walter Bortz, MD, clinical associate professor of medicine at Stanford University School of Medicine and author of *Dare to be 100* and *Longer Living for Dummies*

"London shows us in her book *Connecting the Dots* that what matters most is making a meaningful connection in the moment. Through poignant anecdotes from her clinical experience, she offers us the necessary tools to maintain relationships with our loved ones with Alzheimer's. She inspires us to look beyond the disease and focus on what makes us all the same: our innate longing to be understood and accepted for who we are as well as who we are becoming"

—Janet L. Meiselman, Psy.D., Institute on Aging in San Francisco, CA

"Reading *Connecting the Dots* brought back many painful memories of my mother, who suffered with Alzheimer's. **I would sit with her** for hours without finding the appropriate words to comfort her. What a difference it would have made if London's book was available to me at that time. Since my mother loved to dance and this love consumed her after she contracted this disease, I was deeply touched by 'Shall We Dance?', the beautiful story in chapter one."

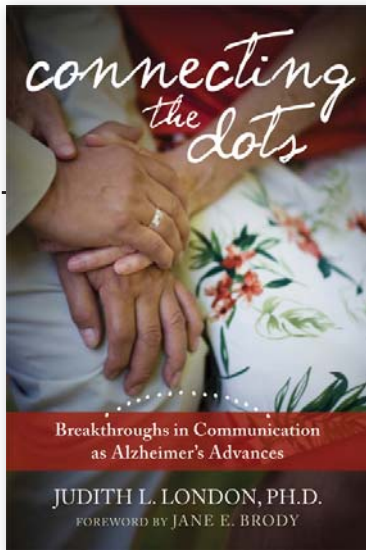
—Daniel S. Wilson, Ph.D.

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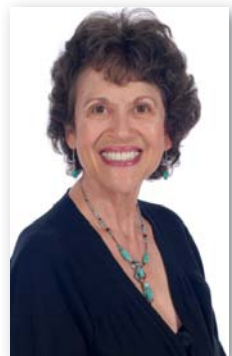
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### Interview Questions

1. Why is it important to strive for connection with those who have Alzheimer's?
2. What are some tips for connecting with loved ones with Alzheimer's?
3. How do the physical changes associated with getting older affect people with Alzheimer's differently?
4. You mention that those who have Alzheimer's often repeat themselves. Why?
5. What are some ways to connect with a loved one who keeps repeating herself?
6. What role does gender play in communicating with those who have Alzheimer's?
7. What are some tips for those who are having trouble connecting with their loved one with Alzheimer's on account of their own emotional reactions?
8. How can family members keep holidays as comfortable as possible for everyone in the midst of a loved one who has Alzheimer's?

### About the Author

**JUDITH L. LONDON, PH.D.** is a psychologist licensed in New York and California who has treated people with Alzheimer's and other dementias in public long-term care facilities for more than sixteen years. She has been adjunct professor at New York University, a stress management trainer and workshop leader, and a featured columnist on addictions. London conducts seminars on Alzheimer's disease, dementia, and maintaining brain health.



Foreword writer **JANE E. BRODY** writes the Personal Health column for *The New York Times* and is author of several books.

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