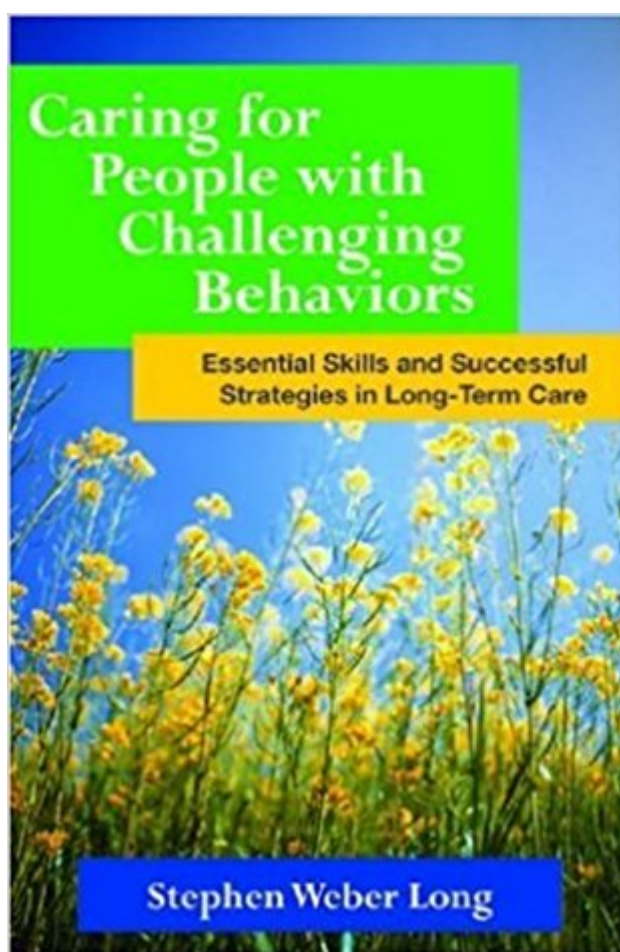


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# Caring For People With Challenging Behaviors: Essential Skills And Successful Strategies For Long-Term Care



## Synopsis

In *Caring for People with Challenging Behaviors*, caregiving staff can find effective ways to prevent, reduce, or eliminate disruptive behaviors exhibited by residents in long-term care settings. Nearly 80% of LTC residents have some degree of moderate to severe behavior problems, stemming from mental illness, dementia, difficult personalities, longstanding behavior patterns, or personal distress. This new book provides practical, evidence-based coping and intervention strategies for use in care planning and day-to-day care. Through vignettes of readily recognizable resident types, staff will learn to understand what triggers and reinforces residents' challenging behavior. Solutions come from identifying the interpersonal ABCs of behavior the antecedents, the behaviors, and the consequences and using communication techniques and other effective psychological approaches to encourage positive behavior.

## Book Information

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## Customer Reviews

"[this] book is outstanding & the approaches and recommendations would clearly fit as a critical part of [a facility's] overall mental-health program & [it] not only effectively captures key human relationship and organizational needs, [it] presents the material in a way that can be easily understood and taught in residential settings that often cannot devote more than small blocks of time to training" (Catherine Johnson, Psy.D., Licensed Long-Term Care Administrator, Minnesota 2001-01-01)"Caring for People with Challenging Behaviors is a very useful addition to the training literature in long term care. [The book] uses rich and compelling case material to make

behavioral approaches come alive for the direct care staff and ... provides practical step-by-step approaches for controlling the range of difficult behaviors often encountered in long term care. This book will be useful to staff members and supervisors who face the daily challenge of providing care in the long term care settings." (Michael A. Smyer, Ph.D., Professor of Psychology Boston College 2001-01-01) "Intended and primarily recommended for professionals and para-professionals working with residents, Caring for People with Challenging Behaviors is also very useful and informative reading for concerned family members." (Midwest Book Review 2001-01-01) "an excellent resource both for health care professionals and enlightened administrators preparing themselves for careers in long term care settings. Dr. Long ... has authored a well-written, practical guide for dealing with a wide range of problem behaviors. This book will be very helpful for understanding and managing difficult situations involving physically frail and cognitively impaired older adults residing in community, assisted living facility, and nursing home environments." (Victor Molinari, Ph.D., ABPP, Professor Department of Aging and Mental Health, Louis de la Parte Florida Mental Health Institute, University of South Florida 2001-01-01)

Stephen Weber Long, Ph.D., is a psychologist and psychoanalyst. For more than 12 years, he has been on the Extended Care staff at the Department of Veterans Affairs Medical Center in Northport, New York. He provides clinical services to patients and consultations to nursing home staff, supervisors, and administrators to reduce problem behaviors and promote a therapeutic environment. Dr. Long is also Adjunct Professor, teaching The Psychology of the Aging, at Adelphi University in Garden City, New York. He received his doctorate degree in clinical psychology from the California School of Professional Psychology in Berkeley/Alameda, California, and a postdoctoral diploma in psychoanalysis and psychotherapy from Adelphi University. In addition to teaching, Dr. Long also has a private practice in Huntington, New York, which includes consultation and psychotherapy for elders and caregivers. Please visit [www.drstephenlong.com](http://www.drstephenlong.com) for more information.

The book is great I was looking for information to present to long term care staff on how to deal with difficult behaviors this book has meet my expectations... The agency that I work for the therapist 's write treatment plans and this book is a handy tool for them especially when we get new employees new to Mental Health...

Good practical advice for caring for people with Challenging Behaviours

Excellent book for those preparing for taking care of a member of your family or to prepare yourself to be taken care of. I often refer back to the resource guide included.

good

Caring For People With Challenging Behaviors: Essential Skills And Successful Strategies In Long-Term Care by psychotherapist and consultant Stephen Weber Long (Adjunct Professor, Adelphi University, Garden City, New York) addresses the problems and issues involved with long-term care residents who display moderate to severe behavior problems arising from conditions of mental illness, dementia, problematic personalities, dysfunctional behavior patterns, and situational distress. Especially recommended reading for residential care facilities staff members, Caring For People With Challenging Behaviors shows how to set and execute achievable goals in treatment planning; avoid common intervention mistakes; overcome obstacles to effective interventions; encourage residents' autonomy; promote teamwork and improve interpersonal relationships; as well as practice diverse stress management techniques. Intended and primarily recommended for professionals and para-professionals working with residents, Caring For People With Challenging Behaviors is also very useful and informative reading for concerned family members.

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