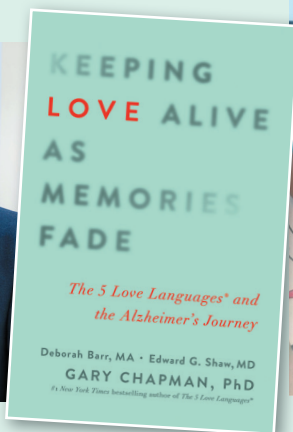


# KEEPING LOVE ALIVE AS MEMORIES FADE

*(The Five Love Languages® and the Alzheimer's Journey)*

BY DEBORAH BARR, MA – EDWARD G. SHAW, MD – GARY CHAPMAN, PHD

REVIEWED BY VONDA HENDERSON



Deborah Barr, one of the coauthors, worked as the clinic coordinator at the Memory Counseling Program, founded by Dr. Shaw as a result of his wife Rebecca's experiences with Alzheimer's Disease (AD). Ms. Barr, a wellness writer who worked with Dr. Chapman on his original *Five Love Languages* book, became aware that Dr. Shaw was using that reference as a tool in treating AD patients and care partners. As a result, she became the catalyst that brought the three of them together to collaborate on *Keeping Love Alive as Memories Fade (The Five Love Languages® and the Alzheimer's Journey)*.

For those with loved ones or friends dealing with AD, you will find this book a blessing. Statistically, by the age of 65, one person in nine is likely to have AD. Whether one is personally affected or acting as a care partner, the information and tools contained in *Keeping Love Alive as Memories Fade* will be of value. As the three authors shared, "Dealing with AD requires a team effort."

For those familiar with the *Five Love Languages*, identifying your personal language and that of the AD patient is one of the first steps recommended. If the patient is not able to help with the responses, it is recommended that the care partner select the option most likely before the onset of AD. As Dr. Chapman shares, "The deep human need for love does not disappear with the diagnosis of dementia. It remains ingrained in us for as long as we live." Thus, as illustrated in testimonies throughout the book, AD patients indicate their love as best they are able. Those small gestures can be a loving lifeline to care partners.

To help care partners respond in the patient's primary love language, charts with suggested actions/behaviors for each love language are provided (both do's and don'ts). As the disease progresses, the activities recommended change, as well, and are so noted in the charts. One suggested a "quality time" activity that can be shared—coloring. Dr. Shaw mentioned that his wife, Rebecca, enjoyed coloring with him and with their grandson. With the recent onset of adult coloring books, there are many to select from that may reflect a past hobby/interest. Dr. Chapman shared that the *Five Love Languages* coloring book is now available in bookstores.