



# Complementary Therapies for Older People in Care

*Sharon Tay*

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## **Complementary Therapies for Older People in Care** Sharon Tay

An invaluable companion for complementary and beauty therapists working with older people in care, this book offers helpful information and advice on practical issues that are often overlooked in training, including:

- Assessing older clients for appropriate treatments
- Communicating effectively with older clients, relatives and care staff
- Adapting treatments for older clients with particular health conditions, including dementia
- Working around beds, wheelchairs, walking frames and medical equipment
- Hygiene, safety and ethical considerations
- Guidance on using specific complementary therapies and techniques with older clients, including reflexology, aromatherapy and massage
- Common pitfalls and difficulties practitioners may encounter, offering encouragement and down-to-earth advice for tackling them.

With useful case examples and explanatory photographs throughout, this is an essential handbook for practitioners who have recently started working, or who are training to work with, older people in care, including in care homes, hospitals and in palliative care.

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