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Embracing Touch in Dementia Care

A Person-Centred Approach to Touch and Relationships

by Luke J. Tanner

Meaningful touch is an essential part of truly person-centred dementia care, yet its value is often viewed as secondary to its perceived risks. This book restores trust in the power of touch, demonstrating the vital role it plays in supporting personhood, relationships and wellbeing, and challenging the barriers preventing staff from using touch effectively.

Discussing a range of different types of touch, Luke Tanner places touch in the context of consent and safeguarding to produce a realistic guide to maximising the benefits of touch in care and minimising its negative effects. Each engaging and thoughtfully composed chapter concludes with a concise set of step-by-step instructions, so that caring professionals can easily make positive changes to attitudes and approaches in their settings.

'A welcome addition to our field. This book celebrates the potential of touch while also confronting its challenges, and helps to ensure that touch takes its rightful place as integral to person-centred care.' – Dr Murna Downs, Head of the School of Dementia Studies, University of Bradford

'Individual person-centred care is a key aspect of improving the quality of life for people with dementia. There are many approaches to this and having a range of techniques available that can help, where appropriate, to improve relationships are key. Luke Tanner should be congratulated at describing, so adroitly, touch as one such approach.' – Alistair Burns, Professor of Old Age Psychiatry, University of Manchester

Luke Tanner is a massage therapist, body psychotherapist and dementia care trainer. He specialises in the use of touch and non-verbal communication to support the wellbeing of people with a dementia living in residential care settings. He lives in London.

For more information about Luke's work please visit www.touchincare.com or email dementiacare@Luketanner.co.uk

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