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this book is designed to help clinicians administrators students and families attain the goal of restraint free care of the elderly written by leading experts in the field the book contains specific strategies for understanding behavior making constructive changes in the individual's environment and managing the risk of falls and interference with necessary treatments it is organized in outline form to highlight critical material and to be readily adaptable as a quick reference the authors use individualized care as the book's underlying philosophy the goals of individualized care include promoting comfort and safety optimizing function and independence and achieving the greatest possible quality of life such care requires clinicians to make sense of behavior rather than to control responses of clients numerous case studies tables and figures illustrate this practical and information packed manual lists of resources are also included

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