

## **Dementia, Sex and Wellbeing; A Person-Centred Guide for People with Dementia, Their Partners, Caregivers and Professionals by Danuta Lipinska.**

Dr Uruakanwa Ekwegh, a specialist in medicine for older people said before she read this book she asked herself what came to mind when she heard the words 'dementia and sex'. Very honestly she said 'inappropriate behaviour' and 'safeguarding issues' and I think those two phrases are what pop into many of our minds when we think about this complex and sensitive topic (whether we admit it publicly or not!).

Sexual wellbeing is an important part of life and overall health and wellbeing and this wonderful book by Danuta Lipinska; published in 2017, looks at the very real impact dementia can have on sexual health and wellbeing.

Much like in person-centred care where health and social care professionals are asked to examine their own perceptions about dementia, this book asks the reader to think about sexuality and older people, what are their perceptions; how do they feel about it? Lipinska cleverly uses Kitwood's psychological needs of people with dementia, this is an area that many health professionals would be familiar with and it's a good launch pad for what can often be a 'taboo' subject.

There is quite an easy and often conversational tone to this book, which for its subject matter is quite refreshing and draws the reader in even more. The real life examples peppered throughout give the reader an insight into the sexual needs of people living with dementia and at the end of each chapter there is a 'point of reflection', which helps the reader to think about how they feel about what they've just read- another very clever tool deployed by Lipinska.

This is a must read for anybody who is caring for people living with dementia.