



# Comforting Touch in Dementia and End of Life Care: Take My Hand

*Barbara Goldschmidt*

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The simple sensation of touching someone's hand can have a powerful therapeutic effect. Hand massage is a positive and meaningful way of reaching out and providing comfort to those who are elderly, ill or nearing the end of life, and it can be particularly effective for people with dementia who respond well to non-verbal interaction. This book offers inspiration for all caregivers looking for an alternative way to support and connect with a family member, friend or patient in their care. It teaches an easy 30 minute hand massage sequence and offers clear instructions and detailed illustrations to guide the reader through each step. Combining light massage strokes with focused awareness, and paying close attention to points on energy pathways, this book introduces a structured way of sharing touch that is grounded in Western and Eastern massage traditions. Gentle touch therapy is ideal for healthcare professionals and family members alike, and has been shown to have physical and emotional benefits for both the giver and the receiver.

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