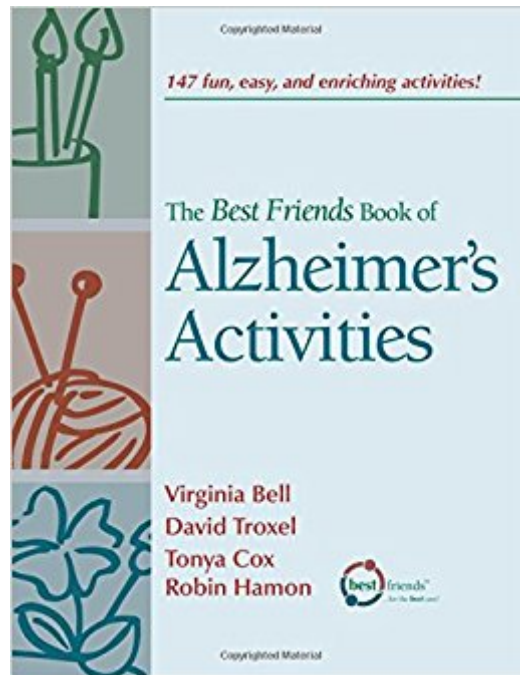


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# The Best Friends Book Of Alzheimer's Activities, Vol. 1



## Synopsis

Bring out the best in each person with dementia each day with more than 140 versatile, easy-to-implement Best Friends activities. Thousands of caregivers around the world know that providing Best Friends' care improves the quality of life of people with dementia by building on the essential elements of friendship; respect, empathy, support, trust, humor, and sharing time together. Using the Best Friends approach to activities, anyone on staff can turn any interaction with a resident or client into an activity that satisfies essential physical, emotional, and spiritual needs. Each activity contains suggestions for personalizing the activity and matching it to the remaining strengths of the individual to ensure success and reduce challenging behaviors. The Best Friends Book of Alzheimer's Activities is chock full of inspiring and innovative ideas on how to: convert everyday activities into those with "knack"; create new activities out of tried-and-true activities; provide activities between structured programs/events; increase self-esteem; adapt activities for people with late dementia; provide opportunities for connecting to others; create intergenerational experiences; use the person's life story in any activity; make activities out of personal care; conduct activities specifically for men; fill evening hours to alleviate sundowning; provide "take-away" activities for family caregivers to use at home; incorporate exercise into activities; use the Internet to expand and enrich activities. Many activities can be conducted spontaneously, with simple props, engaging older people in meaningful activity for extended periods. Best Friends activities are adult-oriented and flexible enough for staff and residents to add their own ideas. Special features include a list of the latest and most effective resources for activity professionals and helpful tips on communicating with people with dementia.

## Book Information

Paperback: 224 pages

Publisher: Health Professions Press; Bring out the best in each person with dementia with these versatile, easy-to-implement Best Friends<sup>TM</sup> activities. A best friend knows your habits, what you like to do, and what makes you feel good. The Best Friends Book of Alzheimer's Activities puts all of these qualities to work to help you transform the activity programming at your nursing facility, adult day center, assisted living facility, or home care setting. Staff, participants, and even family members will all benefit. With the ideas and suggestions found in this book, any member of a program's care staff can turn the simplest interaction with a person with dementia into an activity that helps satisfy essential physical, emotional, and spiritual needs. In these inspiring pages, you will find formal and informal activities, with innumerable variations communication and conversation

tips suggested songs and musical tie-ins adaptations for people in the early and late stages of Alzheimer's disease activities for unprogrammed time, including evenings ideas especially for men opportunities for intergenerational exchanges preventive measures to avoid unwanted surprises reminders of the spiritual benefits inherent in good activities Planning activities for people with dementia may seem challenging, but The Best Friends Book of Alzheimer's Activities shows how easy and natural it can be. edition (September 10, 2004)

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## Customer Reviews

"a valuable addition to any day centre or care home wanting to develop understanding of activity as being much more than providing entertainment and outings." a wonderful resource ... very practical for staff, volunteers, and family members. This book will be one of your most-used resources"

(Creative Forecasting 2001-01-01)"A 'grab and go' book that was written to assist an activity director to take an everyday activity and turn it into something creative and meaningful. [The book] presents activity principles which are essential in developing programs that are appropriate and creative in maintaining dignity and quality of life." (The Director 2001-01-01) --Journal of Dementia CareTroxel and Bell have done it again; their new book on activities will enrich, enliven and lighten the daily lives of both people with dementia and their family and professional caregivers. These pages offer dozens of creative, innovative ways to help people connect with one another, and that's a treasure for all of us. --Kathy Laenhue, President & CEO, Wiser NowHighgate Senior Living has embraced Best Friends™ as our core program philosophy. Our activities have been transformed by this person-centered approach. It has helped staff connect to residents as Best Friends and is a program that really works. --Sheryl Sparks, Vice President, Highgate Senior Living, Vancouver, WA

Virginia Bell has lectured widely on Alzheimer's disease at national and international conferences,

speaking at 12 National Education Conferences of the Alzheimer's Association and lecturing at 18 conferences of Alzheimer's Disease International. She's published journal articles and books, notably in *Dementia Care: Patient, Family and Community* (John Hopkins, 1989). Many of her articles have been reprinted numerous times: "The Alzheimer's Disease Bill of Rights" (1994), "The other Face of Alzheimer's Disease" (1999) and "Spirituality and the Person with Dementia" (2001), co-authored with David Troxel and published in the *American Journal of Alzheimer's Disease* and in the *Alzheimer's Care Quarterly*. She has also co-authored five books with David Troxel. Virginia is currently the Program Consultant for the Greater Kentucky and Southern Indiana Chapter of the Alzheimer's Association. David Troxel is an internationally known expert in Alzheimer's and memory care. He's best known for his work with residents and families, and is an informative and engaging speaker. David holds a Masters Degree in Public Health from Rutgers Medical School. During the 25 years that he's worked in the field, he's also served as an Executive Board member of the American Public Health Association and the Ethics Advisory Panel for the US National Alzheimer's Association. David has co-authored four influential books (most notably, *The Best Friends Approach to Alzheimer's Care*) on Alzheimer's relating to the disease care as well as staff development and training. David's *Best Friends Approach* is built on a seemingly simple premise: that what people living with memory loss need most is a friend – a best friend. David teaches caregivers how to understand and fulfill this *Best Friends* role, including special caregiving techniques and tools. He lives in Sacramento as a writer, speaker and consultant.

Robin Hamon, M.S.W., is Family Support Coordinator for the Alzheimer's Disease Research Center at the University of Kentucky Sanders Brown Center on Aging. She worked with the Alzheimer's Association Lexington/Bluegrass Chapter for 11 years. During her tenure as program manager for the Helping Hand Day Center, she developed a creative art training program for staff and volunteers working with persons with dementia. Her special interests are in training and providing creative arts experiences for persons with dementia.

Tonya M. Cox, M.S.W., is Vice President of Education and Programs for the Alzheimer's Association serving greater Kentucky and southern Indiana. She began working in dementia care in 1995 in the Helping Hand Adult Day Program developing and leading activities for persons with memory loss. She also teaches and presents on activity programming and caring for persons with dementia.

I own and operate a dementia care business in NW Washington, DC. I am sure the authors were

well-meaning when they wrote this book. But it is very hard to use. It needs to be reformatted and taken apart and rewritten by a good copy editor. I found it extremely simplistic and in many places repetitive. Although the book claims it can be used with MCI persons, I think it would be insulting to their intelligence. This is a book appropriate for areas outside of major demographic areas with large pockets of upscale residents. I think this book is way overpriced for the value one gets out of it. Save your money and look elsewhere for activities or use your own imagination and knowledge of the person you are caring for. I am returning this to as fast as I can.

As a Pet Partner with a therapy dog who visits patients in four hospitals and residents of eight assisted living homes I wanted to enrich the experiences for folks with Alzheimer's/dementia on our bimonthly visits. This book is chock full of practical ideas--in fact in a seminar I presented recently I showed it to activity directors and recommended it as a resource for them. You can't go wrong!

This book is okay. I didn't like their new terminology and I didn't like that the new "better" terminology was italicized - it was like hitting a stop sign and halted the flow of reading. In a lot of places, the examples on dealing with persons with a diagnosis were very poor. The basic information on Alzheimer's disease was good and that's the only reason I gave this book 3 stars.

I was hoping for more one-on-one activities. The group activities are excellent, but we do not have an activity director for large groups. The book is valuable for groups. I found personal care opportunities staff can use as very helpful positive interaction.

Caring for my Mom at home by myself is a real challenge. This book is packed full of ideas that will make life a little more interesting for my Mom and a lot more bearable for me. 5 star Kudos, well done!

one of the better books on Alzheimer's activities. Though a lot of the concepts and activities aren't new it goes a long way in explaining how and why you should do things a certain way, will make a good training tool

Gives a lot of good ideas for keeping the patient engaged in activities.

I used the chapter on Activities to help the caregivers understand how to do activities with our folks.

Concise, easy to read, examples are given.

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