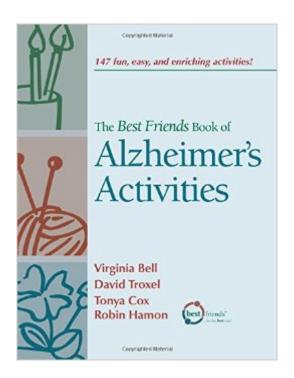
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The Best Friends Book Of Alzheimer's Activities, Vol. 1





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

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Health #142 in Books > Medical Books > Nursing > LPN & LVN

Customer Reviews

As an owner of 2 assisted living homes in Arizona, we are always looking for new and innovative ways to incorporate different activities into the residents' day. We ordered the first book in this series to try out the activities. Needless to say, we're ordering the remaining books because it has become such a hit!

As the Executive Director of an assisted living community, I am ultimately responsible for resident care and activities in our dementia unit. The Best Friend approach is the best philosophy around for providing resident care in our setting. The Best Friends Book of Alzheimer's Activities is user friendly; it shows how simple, day to day activities can work to make residents feel a sense of connection and accomplishment.

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

This book is a great resource for families, friends, and professionals working with elderly individuals in general and especially those with dementia and other memory disorders. It provides excellent activity ideas along with great ideas on modifying activities to increase the impact and benefit for both patients and caregivers. It is an excellent resource for activity departments, therapists working with elderly, organizers for groups of elderly individuals and family members trying to maintain or enhance the lives of their loved ones.

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 place 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 get out of it. Save your money and look other place 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.

This book suggests many ideas for activities for people with Alzheimer's disease and related dementias that can help stimulate the mind which is so important to maintain brain function. There is a wide variety to meet most people's interests. Also ways to engage people are discussed by Susan Berg author of Adorable Photographs of Our Baby: Meaningful, Mind Stimulating Activities and More for the Memory Challenged, Their Loved Ones, and Involved Professionals

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

We purchased this book several months ago and I would highly recommend it - there are a variety of activities to stimulate the brain and keep the mind active and engaged. This is so very important in Alzheimers disease. Worth the price and easy to reaad.

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