

Adorable Photographs of Our Baby.



Meaningful, Mind-Stimulating Activities, and More for the
Memory Challenged, Their Loved Ones, and Involved
Professionals

By Susan Berg AD BS(COTA/L)

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For a **free** list of additional activities, or to purchase other valuable products and services visit the

website- <http://www.alzheimersideas.com> or
email- mom5004@comcast.net

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The author, Susan Berg, is **donating** a portion of the proceeds of the
sale of this book to the **Alzheimer's Association**.

High praise for this book!

In light of recent research, activities should take on a whole new dimension in long-term care. Activities can no longer be thought of as leisure time fillers, but rather, as opportunities to provide mental stimulation. If done thoughtfully, activities can help those with Alzheimer's disease hold on to their remaining cognitive skills longer and enhance mood. In a word, activities should be "therapeutic". Susan Berg's book is a treasure-trove of therapeutic activities that can bring joy and purpose to those with a cognitive impairment.

Paul Raia, Ph.D, Director of Patient Care and Family Support
Alzheimer's Association, Massachusetts Chapter

Susan Berg's book is a must have for the Activities Professional and anyone who is caring for an individual with dementia. The baby pictures are delightful. The discussion questions will stimulate many memories, and the additional activity ideas will aid in holding the attention of dementia persons. This is a great tool for someone who has never assisted an individual with dementia, and it is also beneficial to the seasoned Activities Professional.

Brenda Bogart, A.D. Activities on a Shoestring
www.angelfire.com/in/shoestring, Crawfordsville, Indiana

This book is an accurate and realistic presentation of a subject that is dear to everyone's heart-babies. Engaging photographs and open-ended discussion questions are designed to stimulate interaction and pleasant memories. Created for groups of two or more, this book can be used as part of a planned activity, or as a spur-of-the-moment diversion.

Debbie Miller, RN CRT
Columbus, Ohio

Therapeutic activities are what we should all strive for when doing activities. I was very impressed with the involvement you created with the dementia population in this book. I am going to incorporate these ideas with the population I serve. God bless you for your caring and concern for others with such a tremendous need. I plan to share this information with caregivers.

Lisa Patton CSS Technician, Adult Life Programs
Hickory, North Carolina

I have had the pleasure of using Susan Berg's book with residents having various stages of Alzheimer's disease in both large and small group settings. This book is full of great ideas for discussion and reminiscing groups. I recommend this book to Activity professionals, caregivers and family members, alike

Brenda Patrick, Dementia Unit Activity Coordinator
Beverly, Massachusetts

The book was very insightful. I especially enjoyed the pictures that the staff and family can use. They will help me communicate with the memory challenged and provide a personal touch while I am doing it. The ideas were also very helpful because they can involve people with all stages of dementia and can easily be adapted for verbal and nonverbal individuals. I give the book two thumbs up.

Vernessa LuShaun Burgess, CNA
Delray Beach, Florida

Susan Berg's book is filled with heart-warming pictures of endearingly adorable babies that will leave any person feeling pleased and enchanted. The pictures reflect on many daily routines accompanied by discussion ideas that may help guide you through a therapeutic conversation with a person(s) affected by dementia. The book can be used as a tool in providing mentally stimulating one-to-one and/or group discussions.

Andrea Wolfram, Recreation Facilitator
Winnepeg, Manitoba

Acknowledgements

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First, I would like to thank my husband, Stanley, for his continuing support and patience during the writing of this book and always.

Next I would like to thank our sons, Joseph and Alexander. They are wonderful children and were just so cute when they were babies.

In addition, I would like thank Jeanne Henry, Ann Distasio, and Sara Rosenbaum for their superior editing of this book.

I would also like to thank all the residents of Hunt Nursing and Retirement Home for their ideas and encouragement.

Introduction

You must be a truly wonderful person to want to help someone with dementia. This book is an invaluable mind stimulating tool. Keeping the mind active is so important in slowing down the disease process. Not only does this book help keep ones mind active, but it also can arouse happy memories and good feelings. This book also offers other extremely helpful information to loved ones and involved practitioners.

It is my hope that you will review the entire book before sharing it with a memory impaired person. You will discover some unique ways to use this book. You will also review a number of ways to reinforce positive communication with one who has a neurological dysfunction. For activity professionals and other qualified group leaders, many strategies for running a successful group are discussed. After thumbing through these sections, you and the person(s) with dementia can look at some adorable photographs of babies, together. The pictures are actually of my two boys who were just so adorable when they were young. The photos are large and colorful and are not meant to be in chronological order, but rather in the order of how a baby and his family may do things during the day. The text is large. Some print lines on some of the pages are even bigger for easier viewing. I am happy to share these pictures with you. I know they will bring a smile to the faces of all who see them.

After viewing them, start a discussion by using the suggestions on an idea page just prior to the picture. Don't forget to have fun, but I know you will.

At some point, examine the resource pages. Some of the pages list places where you can get more helpful information.

Finally, think about purchasing some of the supplemental products offered at a really good price. Be on the lookout for the supplemental book, *Activity Ideas Galore*. *Activity Ideas Galore* will give you even more ideas, which can be used with this book or as stand-alone activities. Suggestions with a light bulb bullet will be explained in further detail in this book. **8.5x11 inch flash cards**, of the pictures in this book with ideas for their use on the back, are a perfect tool for group leaders. Take advantage of the **personalization process**. Send a selected picture to mom5004@comcast.net. I will enlarge it and offer ideas to use with it.

Thank you for your attention, and enjoy the happy times this book will bring to you and your memory impaired friend(s)

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Even numbered pages from 10-36 are idea pages for the picture page that follows it. Odd numbered pages from 11-37 are the picture/simple statement pages.

Be prepared. The caregiver(group leader) is strongly encouraged to review the idea pages before, (s)he actually uses them with a memory impaired person(s).

No matter how you use this book, the group leader(caregiver) must be upbeat, animated and excited about what (s)he is doing. Often talking loudly and over dramatizing are required. Think of yourself as a performer with a forgiving audience. When I make a mistake, I apologize and say: ***We all make mistakes. We are friends here.*** Somehow your audience of one or twenty-one, feels better to know that anyone can make a mistake

If you are using this book with a group, make sure you walk around including everyone in the group in some way. Give ample time for responses and group interaction. You may have to repeat what someone has said, especially if (s)he is soft spoken. Make sure to give everything a positive spin.

Remember groups have a beginning where you should introduce yourself and tell the participants what you are going to do together. Also, this is a good time to introduce everyone in the group. I like to say: ***Tell us your name*** and an answer to a simple question such as: ***Do you like red or blue better?*** Of course groups have a middle where you truly engage the audience in the activity. Finally, groups have an end where you thank everyone for participating, telling them what a wonderful job they all did. At the very end of many of my groups, I like to sing a patriotic song like, ***God Bless America.*** It adds a nice touch to the group and makes most people feel good.

1. Use the book like a picture book. Just show the pictures to the memory challenged person or to a group of participants. Listen to the comments and observe the facial expressions that are revealed. Make sure everyone in the group has a chance to see the picture and a chance to participate. You may have to walk around the room and invite each individual by name to look at a particular picture. You may need to say, for example, ***I can see by your smile that you enjoyed looking at this picture. I bet this picture made you feel happy.*** Please note people with dementia are generally able to express their feelings.

If there is a person with extremely low vision in the group, you may want to ask one of the higher functioning persons with fairly good eyesight, to describe the picture to this individual or to the group. Of course, if the book is being shared with only one person who has low vision, you will need to describe the picture. Sharing this book in this way may not be the best way to share it with this individual.

2. You can show the picture and read the words about the picture, or you may want some of the participants to read the statement(s) about the picture. You may have to repeat what was read, but be sure to be complimentary to the reader. Again, allow each person a chance to see the picture. Some may spontaneously read part or all of the description of the picture. Remember persons with more advanced dementia do better reading shorter one line statements. Longer ones may confuse or frustrate them.

3. You may want to focus on one, two, or several of the pages following the suggestions on the idea pages. You may find the discussion takes on a life of its own. Sometimes group leaders find sessions like this are different every time they are done depending on the mood and interest of the participants that day.

There are certain questions that can be asked of the participants regardless of which picture is being shown.

They are as follows:

Who is in the picture?