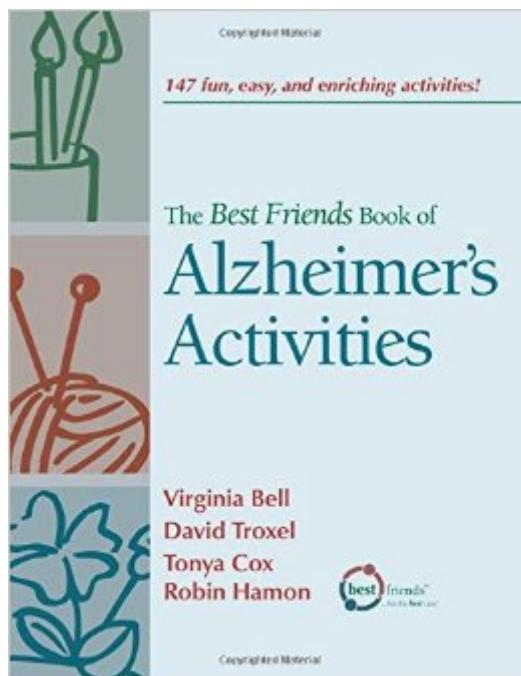


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# The Best Friends Book Of Alzheimer's Activities, Vol. 1



## **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; First edition (September 10, 2004)

Language: English

ISBN-10: 1878812882

ISBN-13: 978-1878812889

Product Dimensions: 8.5 x 0.4 x 10.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (22 customer reviews)

Best Sellers Rank: #422,906 in Books (See Top 100 in Books) #79 inÂ  Books > Medical Books > Nursing > Nursing Home Care #134 inÂ  Books > Medical Books > Nursing > Home & Community

## 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.

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!

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 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 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 read.

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The Best Friends Book of Alzheimer's Activities, Vol. 1 201 Fun Senior Activities - Top Senior Activities, Elderly Activities, Dementia Activities, and More! (Fun! for Seniors) Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) The Best Friends Approach to Alzheimer's Care MASON JAR RECIPES BOOK SET 5 book in 1: Meals in Jars (vol.1); Salads in Jars (Vol. 2); Desserts in Jars (Vol. 3); Breakfasts in Jars (Vol. 4); Gifts in Jars (Vol. 5): Easy Mason Jar Recipe Cookbooks Understand Alzheimer's: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia The Best Bridal Shower Party Games & Activities, #1 (Party Games and Activities) 150+ Screen-Free Activities for Kids: The Very Best and Easiest Playtime Activities from FunAtHomeWithKids.com! Best Asian Recipes from Mama Li's Kitchen BookSet - 4 books in 1: Chinese Take-Out Recipes (Vol 1); Wok (Vol 2); Asian Vegetarian and Vegan Recipes (Vol 3); Egg Roll, Spring Roll and Dumpling (Vol 4) Activities to do with Your Parent who has Alzheimer's Dementia Alzheimer's Activities That Stimulate the Mind Surviving Alzheimer's With Friends, Facebook, and a Really Big Glass of Wine Sex Education Activities: Just for the Health of It, Unit 4 (Health Curriculum Activities Library) Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) 1st Grade Spelling Games & Activities: Activities, Exercises, and Tips to Help Catch Up, Keep Up, and Get Ahead (Sylvan Language Arts Workbooks) Busy Toddler, Happy Mom: Over 280 Activities to Engage your Toddler in Small Motor

and Gross Motor Activities, Crafts, Language Development and Sensory Play **BEST BOOKS:** Recommended Reading-Best American Literature (Fiction & Nonfiction), Must Read Titles in English, Best Young Adult Books, the Best Kindle Books, ... Novels & Book Club Picks (Good Reads 1) Jungle Jam and Friends: Wild Times in God's Creation (Audio Cassette) (Jungle Jam and Friends Radio Show) True and Constant Friends: Love and Inspiration from Our Grandmothers, Mothers, and Friends 101+ Great Ideas for Libraries and Friends: Marketing, Fundraising, Friends Development, and More

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