

## Resource Centre News, February 2013

### NEW HOURS!

As of **February 26**, the Alzheimer Toronto Resource Centre will be offering extended hours of service on **Tuesday evenings** – now open until 8:30 p.m.

If you need assistance with entry to our office please call 416-640-6320.

### NEW FORMAT!

#### Therapeutic Interventions for You to Try at Home

The Alzheimer Toronto Resource Centre has new products for you to try at home that have been designed to promote interaction, conversation and reminiscence, and also assist with brain training. Try them out and give us feedback on how useful you found them to be.

##### **A-HAH! fruito**

> 60 Design Centre, 2009, Call #: Cards - A-HAH! Fruito

Set of 40 picture cards, each shows a portion of a piece of fruit, 4 cards make a complete picture. Each card is colour-coded with different colours to differentiate the fruits. The game was developed with the specific intention of using them with people with dementia. Instruction sheet provides activity ideas which promote social interaction, memory stimulation, visual recognition, logic and problem solving.

##### **A-HAH! memoritz**

> 60 Design Centre, 2009, Call #: Cards - A-HAH! Memoritz

A-HAH! Memoritz is a collection of games that can be played with a deck of 40 oversized cards. The cards are numbered 0 to 9 and the numbers come in four different colours. The cards also display 20 pairs of colourful pictures of everyday objects. The game was developed with the specific intention of using them with people with dementia. Instruction sheet provides activity ideas which promote social interaction, memory stimulation, visual recognition, logic and problem solving.

##### **Lifetimes 1950's Edition**

Toronto : Lifetimes, 2011, Call #: Cards - Lifetimes 1950s

Set of 125 full colour, large type, easy to read cards written to stimulate recollection, reminiscence and discussion. 4 types of questions on each card, designed to ignite different aspects of memory - fact recall, direct memory, personal experience and discussion. 5 styles of cards organized into categories: family life, food & recipes, leisure time, fashion, love & romance.

##### **Puzzle with me**

Alzheimer's Disease International, Call #: Puzzle – Cdn Flag

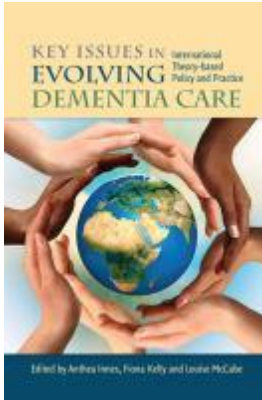
Large blocks, 12 piece puzzle designed for use with persons with dementia. Tool provides an opportunity for verbal and non-verbal communication between the person with dementia and their family members including younger children.

##### **Sharpen Your Senses Cards**

by *Einberger, Kristin*, Verona, WI : Attainment Company Inc, 2008, Call #: Cards - Sharpen Your Senses

Card set is an excellent tool for individuals or groups to use to engage the brain through the 5 senses: sight, hearing, taste, touch, smell. Each card features a sensory question or activity that will stimulate the participants' imaginations, memories, and critical thinking, as well as social and communication skills.

## WHAT'S NEW IN BOOKS:



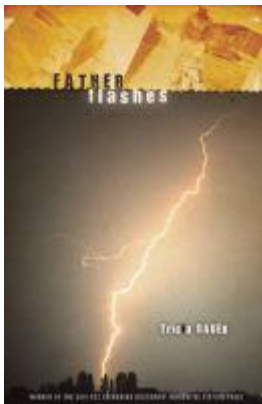
### **Key Issues in Evolving Dementia Care**

Edited by *Anthea Innes*, London, UK : Jessica Kingsley Publishers, 2012

Call #: HV 1451 K49 2012

Focusing on theoretical, policy and practice issues which are predicted to become fundamental priorities in the near future, the contributors to this book look at how dementia care works across the globe. They explore the theory underpinning dementia care, the applications of theory in dementia care research, and how this research is influencing and shaping practice.

Their insights into how policy and national dementia strategies are developed, and the range of approaches that can be taken in practice, will provide a positive step towards ensuring that the needs of those with dementia are met, both now and in the future.



### **Father Flashes**

by *Bauer, Tricia*. Tuscaloosa, Alabama : University of Alabama Press, 2011

Call #: RC 523.3 B38 2011

Novel is composed of vignettes that captures the deterioration of a father's mind and body, and provides insight into a father-daughter relationship. As the father's illness progresses, the daughter gathers memories to pay tribute to the man he was.



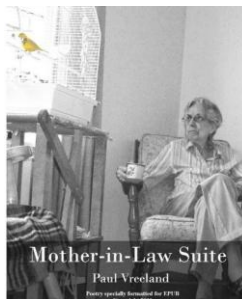
### **Old Photographs**

by *Posesorski, Sherie*, Toronto, On : Second Story Press, 2010

Call #: Juv RC 523.3 P67 2010

Novel focuses on Pheobe Hecht, a teen-aged murder mystery fan, who lives in Toronto with her mother, step father and new baby sister. Pheobe passes her summer holidays riding her bike and reading novels. She befriends an elderly woman, Mrs Tomblin, who lives in the neighbourhood and who often becomes confused and forgetful. When Mrs Tomblin is injured during a home robbery, Pheobe steps in to help her.

Novel looks at the value of intergenerational relationships, and the difficulties vulnerable elders endure when their children are negligent or financially abusive.

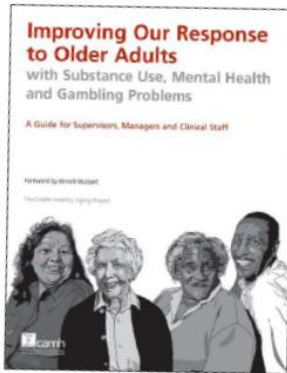


### **Mother-in-Law Suite**

by *Vreeland, Paul*, Charlottetown, PEI : P Vreeland, 2011

Call #: RC 523.8 V43 2011

Collection of poems, each reflecting a different aspect of caring for a parent (mother-in-law) who has dementia - from moving into her home to help care for her to placing her in a long-term care facility when they could no longer provide the care she needed.



## **Improving Our Response to Older Adults with Substance Use, Mental Health and Gambling Problems**

by CAMH Healthy Aging Project, Toronto, ON : Centre for Addiction and Mental Health, 2008, Call #: RS 141.23 R48 2008

Resource includes: an overview of alcohol use, anxiety, bipolar disorder, depression, problems as they appear in older adults; screening tools that can help to identify problems; practical guidance on adopting a holistic approach and advocacy for older adults; introduction to harm reduction and stages of change models as guiding principles of care; ways to guide and support staff and families who care for older adults with these problems; information on referring to specialized addiction and mental health treatment services; case studies and practical strategies for complex situations; plus information sheets for older adults and their families on substance use, mental health and gambling.

## **WHAT'S NEW IN DVDs:**

### **Alzheimer's and Love: Sylvia's Perspective**

with *Peter V Rabins*. Baltimore, MD: MedSchool Maryland, 2011, Call #: DVD RC 523.2 A449 2011

DVD tells the story of eighty-four year old Sylvia, who didn't set out to find love in her golden years, but when she met Frank things just happened. However, not long after Sylvia and Frank were married, he began forgetting things and getting lost in familiar places. Now Frank is in the final stage of Alzheimer's disease, and Sylvia visits him in the nursing home four times a week. Through the interviews and vignettes in this program, Frank and Sylvia remind us all that every person needs love and caring.

### **Alzheimer's, The 36 Hour Day: Moving to Assisted Living**

with *Peter V Rabins*. Baltimore, MD: MedSchool Maryland, 2011, Call #: DVD RC 523.2 B61 2011

Eighteen months after the initial filming of *Alzheimer's, The 36-Hour Day*, the documentation of Bob and Nancy continues. Their lives have changed dramatically with Nancy's move to assisted living. Dr. Rabins speaks with them to find out what led to this change and the emotional impact for them both. A brief assessment of Nancy reveals additional deficits in memory, language, and functional decline

### **Bob and Nancy: Inside the Emotions of Alzheimer's**

with *Peter V Rabins*. Baltimore, MD: MedSchool Maryland, 2012, Call #: DVD RC 523.2 B61 2012

The progression of Alzheimer's disease is documented through its three stages from the perspective of the emotional journey of the patient. In commentary that becomes more halting as her disease progresses, Nancy shares her life, what still gives her pleasure and her loss. In Nancy's final months, Bob takes over her narrative, sharing the love which has been the foundation of their life together.

### **Behaviors Associated with Dementia: Case Presentations**

Baltimore, MD: MedSchool Maryland, 2011, Call #: DVD HV 1451 B422 2011

Documentation of actual patients filmed in long-term care facilities captures some of the very difficult behaviors associated with dementia. These include extreme agitation, refusing care, catastrophic reactions, verbal and physical violence.

### **Glassy-Eyed**

by *Frédéric Compain*, Brooklyn, NY: Icarus Films, 2009, Call #: DVD RC 523.2 G52 2009

In 1995, Bill Utermohlen (1933-2007), an American painter living in London, was diagnosed with Alzheimer's – it changed his life and transformed his art. His final body of work is of interest both for its artistic merit and also for the deep insights it offers into the experience of Alzheimer's. This DVD features interviews with the painter's wife, art historian Patricia, and innovative, sequences capturing the process of artistic creation.

## Hope in Action

University of Saskatchewan, 2008, Call #: DVD GV 185 H67 2008

DVD reflects the findings of a University of Saskatchewan Research study on caring for persons with dementia. It demonstrates the use of participatory theatre (ethno drama) with a group of family caregivers to help participants learn problem solving techniques and engender hope.

## Life Worth Living

with *William H Thomas*, Rochester, NY: Eden Alternative, 2009, Call #: DVD RA 997 T46 L53 2009

Dr. William Thomas describes how the Eden Alternative can eliminate the three plagues of living in long term care: Loneliness, Helplessness and Boredom.

## The Most Vulnerable Resident for Abuse: The Alzheimer's Patient

with *Peter V Rabins*. Baltimore, MD: MedSchool Maryland, 2011, Call #: DVD HV 6626.3 M67 2011

The symptoms and behaviors associated with each stage of Alzheimer's disease and other progressive dementia disorders place these individuals at the top of the list for potential abuse. As the disease progresses, the level care required becomes greater and the person with dementia becomes less able to communicate. Unable to care for themselves and unable to communicate, they become the most vulnerable victims for neglect and abuse. Filmed at Edenwald.

## No Age Limit

Chicago, IL: Terra Nova, 2009, Call #: DVD GV 185 N6 2009

DVD explores the life-enhancing impact of creativity and artistic express--well into the later years. It uses brief excerpts that profile the creative process of elder artists, introduces us to a 90-something actress who grabs life with both hands, and demonstrates how creative expression can even transcend dementia. The DVD also includes a section on the work of the late Dr. Gene Cohen, co-founder of the Creativity Discovery Corps, who was best known for championing the limitless potential of the aging brain.

## Partners in Care: A Training Package for Involving Families in Dementia Care Homes

by *Bob Woods*, London, UK: Jessica Kingsley Publishers, 2008, Call #: DVD HV 1451 P36 2008

This DVD is designed to encourage family participation in the care home and develop a constructive partnership between staff in care homes, families and people with dementia. Each session explores a different theme: sharing information, sharing the care, developing supportive relationships and making it work.

## Rabins One-on-One: Tips for Family Caregivers

with *Peter V Rabins* Baltimore, MD: MedSchool Maryland, 2011, Call #: DVD HQ 1064 R32 2011

Speaking with family caregivers, Dr. Rabins discusses: how to respond to caregiver guilt; learning not to argue; issues with dressing and bathing; strategies for discontinuing driving; and knowing when to consider the option of assisted living or a nursing home.

## The Rabins Response to the Challenging Behaviors of Alzheimer's Disease

with *Peter V Rabins*. Baltimore, MD: MedSchool Maryland, 2011, Call #: DVD HV 1451 R32 2011

"The 5 W's" is the simple and effective response system for minimizing disordered behaviors related to Alzheimer's disease developed by Dr. Peter Rabins. What is the problem behavior? Why is it a problem? When does the behavior happen? Where does it happen? Who is around when it happens? With this information, Dr Rabins helps care providers develop guidelines for effectively minimizing disordered behaviors. Filmed at Alice Manor.

## Treating Alzheimer's Disease: Help for Patients and Caregivers

*Serge Gauthier*, Montreal: Continuing Education Group McGill University, 2010, Call #: DVD RC 523 G38 2010

Dr Serge Gauthier provides a quick overview of Alzheimer's disease, some of its symptoms, behaviours, as well as coping strategies for both the person with dementia and their care givers. Includes vignettes of a couple where the husband has the early stages of dementia and the wife, a former nurse, is caring for him at home.