

Resource Centre News

NEW HOURS!

The Alzheimer Toronto Resource Centre now offers extended hours of service

In May: Tuesday evenings – open until 8:30 p.m. *

In June: Tuesday to Thursday evenings – open until 6:00 p.m.

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

Introducing a new online discussion group

Info Resources on Living Well with Dementia <http://www.linkedin.com/groups?home=&gid=4962695>

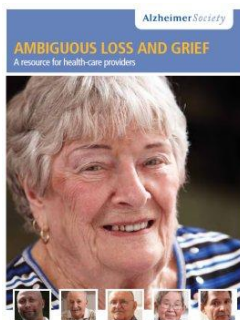
Discussion group for librarians, educators, health care professionals, caregivers and persons living with dementia. Our focus is on information resources (print, video, audio, online...) related to living well with dementia. What works, what doesn't and why.

This is a closed group, only fellow members will see your postings. All postings are to be directed to our topic, and are not for selling outside commercial services.

Please remember, this is NOT a support group, nor do we offer counselling.

This group is hosted by Marg Cameron, Information Specialist, Alzheimer Society of Toronto Resource Centre.

WHAT'S NEW IN BOOKS:



Ambiguous Loss and Grief: a resource for health-care providers

Le Deuil Blanc: Ressource pour les fournisseurs de soins de santé

Alzheimer Society of Canada, 2013 (English and French versions)

BF 575 G7 A42 2013

Ambiguous Loss differs from the loss and grief of death because closure is not possible and grief cannot be fully resolved until the person with dementia dies. Issues related to loss and grief are often not recognized or well understood by family caregivers or the health-care providers with whom they interact. This document is intended to help provide a better understanding of how loss and grief affect people with dementia and their family caregivers, and offers support strategies as well.


Also available online

– English: www.alzheimer.ca/~media/Files/national/For-HCP/for_hcp_ambiguous_loss_e.ashx

– French: www.alzheimer.ca/~media/Files/national/For-HCP/for_hcp_ambiguous_loss_f.ashx

NEW MATERIALS – For May

Alzheimer Society of Toronto Resource Centre 20 Eglinton Ave W, 16th floor, Toronto
416-640-6320 mcameron@alheimertoronto.org

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Visit our online catalogue for more info: www.alheimertoronto.org/lib_about.htm

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www.dementiatoronto.org/news/NewMaterials/2013May_NewMaterials.pdf



How's your driving? Safe Driving for Seniors

Êtes-vous un conducteur prudent? La sécurité routière et les personnes âgées

Ontario. Ministry of Transportation, 2010 (English and French versions)
TL 152.6 H68 2010

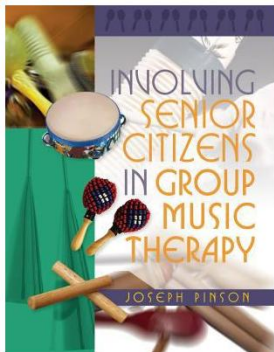
As we get older, we change - some of us become hard of hearing, others need corrective lenses, and our reflexes may slow down. Drivers should learn to recognize individual changes and adjust their driving habits accordingly.

This brochure outlines some warning signs that could lead to unsafe driving and suggests steps that can be taken to keep you and other road users safe while you're behind the wheel.

Also available online

– English: www.mto.gov.on.ca/english/pubs/seniors-guide/pdfs/seniors-guide.pdf

– French: www.mto.gov.on.ca/french/pubs/seniors-guide/pdfs/seniors-guide.pdf



Involving Senior Citizens in Group Music Therapy

by *Joseph Pinson*, London, UK : Jessica Kingsley Publishers, 2013
GV 185 P56 2013

Guide to running music therapy groups with senior citizens provides effective strategies that encourage therapists to be creative and engaging, and involve participants fully in the music-making process. Ideal for those working with older people in assisted living or nursing care homes, the book covers initial assessment, setting measurable goals, and evaluating progress; discusses current music therapy techniques; and offers an improved plan of intervention. The author explains how to choose or create music that is accessible to this age group, designing strategies that utilize cognitive, motor, social-emotional, and music skills to the fullest. The book provides useful original music and shows readers how to compose their own songs that relate to the experiences of the group they are working with, emphasizing shared common interests and enjoyment in the moment.

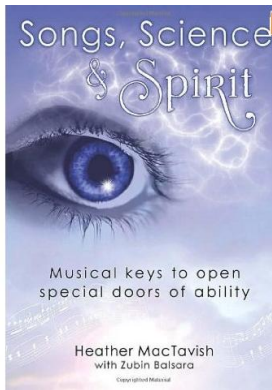
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Songs, Science & Spirit

by *Heather MacTavish*, Cotati, CA USA : Provident Publishing, 2012

GV 185 M37 2012

Text explores and explains the biological, emotional and spiritual aspects of our actions and interactions as they relate to health, rhythm and music. It is an invaluable sourcebook for diverse populations, acting as a guidebook, a book of stories, a primer, and a reference manual - illustrating how awareness, presence, and compassion can enhance and transform lives. The author, diagnosed with Parkinson's disease in 1995 is a pioneer of new ways to deliver rhythm-based events to the elderly and individuals with disabilities.

WHAT'S NEW IN DVDs:

The following DVDs feature workshops facilitated by Teepa Snow, a dementia expert who trains and consults for healthcare professionals and families privately. A certified Occupational Therapist, Teepa has a unique medical perspective on how the brain controls our body and our behaviours, and how dementia affects a person.

Art of Caregiving

DVD HV 1451 S66A 2011

Learn techniques to ease daily tasks, best approaches for interacting with person with dementia, stress management, different types of dementia.

Dental care for persons with dementia

DVD RK 55 A3 S66E 2012

Dental care, immensely important to a person's overall health, becomes more and more challenging for caregivers as the patient's dementia progresses. Learn effective techniques to handle challenging situations and provide the best dental care for a person with dementia, including Alzheimer's, Lewy body, Frontotemporal Dementia.

End of life care and letting go

DVD R 726.8 S66E 2012


Learn to recognize a patient's progression into the final stages of dementia and provide the best care as Teepa Snow explains, hands-on, disease-level appropriate techniques. DVD explains how to connect with someone in the late stages of dementia, how to recognize and manage pain, and how to help the care team grieve the loss and celebrate the person's life.

Alzheimer
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Filling the day with meaning

DVD GV 185 S66F 2011

Use engaging activities to give back moments of joy, happiness and an improved quality of life. Learn the difference between simple entertainment and engaging projects that stimulate brain activity, and how to work with challenging cases - early onset dementia, wandering, distress, falls.

Improving emergency services

DVD HV 1451 S66I 2012

Recognizing symptoms of dementia and knowing how to reduce stress and resistance during precarious situations is vital for emergency personnel. "Improving Emergency Services for Dementia Patients" teaches law enforcement officers, fire fighters, EMTs, 911 Dispatchers, and emergency room personnel how to best handle challenging behaviors and issues related to abuse or neglect.

It's All in Your Approach

DVD RC 423 S66I 2011

Teepa Snow explains how a person with dementia perceives his/her environment and how to properly adapt one's own behaviour to increase communication and the patient's quality of life. Learn techniques to improve communication, mutual understanding, better manage distress and more.

Journey of dementia

DVD HQ 1064 S66J 2011

Preparation and readiness are key to offering the best care throughout the progression of the disease – assessment, legal and financial considerations, providing support, placement in long term care, end of life.

Maintain your brain

DVD BF 724.85 S66M 2012

Learn about risk factors, brain exercises, physical and cognitive activity, nutrition and diet, important lifestyle choices that affect brain health even after diagnosis.


Progression of dementia

DVD HV 1451 S66P 2011

Teepa Snow explains the appropriate levels of care needed during different stages, which types of behaviours to expect, appropriate activity programs and much more.

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