

## Activities with Your Loved One

The Alzheimer's Association believes that maintaining activities with people who have Alzheimer's disease is important. Activities may help prevent other illnesses, help them feel like they are important people in the family, and encourage a sense of meaning in their lives. Alzheimer's disease affects parts of the brain involved with mental and physical activities. However, it is still possible to have memorable times, filled with happiness, and joy with your loved one. We hope this packet provides you with ideas for enjoyable activities to do with your loved one at home or when visiting them in a nursing care setting.

### Evaluating Daily Needs and Activities

As a caregiver or family member of a person with Alzheimer's disease, your knowledge of the progression of the disease helps you to better understand the person's activity needs and abilities. Identifying which stage your loved one is in can help you plan appropriate activities.

The first three pages of this document contain a comparison of characteristics of each stage (early, middle, and late) with suggested activities appropriate for that stage. Not everyone experiences symptoms in the same way, so please think of these suggestions as general guidelines, not rules. Above all, be flexible and accommodating to what is occurring with your loved one on any particular day. Try to adapt the activity and your expectations so that the goal is more about creating a positive experience than about the end result.

### This packet includes:

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## Early Stage

Changes	Description	Examples
Memory	<ul style="list-style-type: none"> <li>Exhibits mild memory loss.</li> <li>Partial or complete memory loss of recent events.</li> </ul>	<ul style="list-style-type: none"> <li>Forgets things such as appointments or phone calls more often.</li> <li>Loses and misplaces items.</li> </ul>
Orientation	<ul style="list-style-type: none"> <li>Difficulty with time and place.</li> </ul>	<ul style="list-style-type: none"> <li>Arrives at wrong time or place.</li> <li>Constantly rechecks calendar.</li> <li>May get lost or confused in new environment.</li> </ul>
Judgment & Problem Solving	<ul style="list-style-type: none"> <li>May appear not to understand the consequences of actions.</li> <li>Impaired problem solving and decreased judgment; lacks common sense.</li> </ul>	<ul style="list-style-type: none"> <li>May have difficulty driving.</li> <li>Problems with basic arithmetic such as making change.</li> </ul>
Language	<ul style="list-style-type: none"> <li>Beginning to have problems with language.</li> </ul>	<ul style="list-style-type: none"> <li>Has difficulty finding words.</li> <li>Unable to name familiar objects.</li> <li>Forgets the names of people.</li> </ul>
Motor & Physical Abilities	<ul style="list-style-type: none"> <li>Minimal motor or physical impairment.</li> </ul>	<ul style="list-style-type: none"> <li>May have difficulty writing or using familiar objects.</li> </ul>
Self-Care	<ul style="list-style-type: none"> <li>Fully capable of self-care tasks.</li> <li>May need assistance with higher level tasks.</li> </ul>	<ul style="list-style-type: none"> <li>Paying bills and writing checks becomes difficult.</li> <li>Difficulty preparing meals.</li> <li>Routine chores take longer to complete.</li> </ul>
Mood	<ul style="list-style-type: none"> <li>Changes in personality: mood, behavior, anxiety, depression, apathy, loss of initiative.</li> </ul>	<ul style="list-style-type: none"> <li>May be easily frustrated, irritated, or anxious.</li> <li>May become depressed or withdrawn.</li> </ul>

## Suggested activities

- Continue to do daily routines and communicate with others.
- Find time to laugh, and do it frequently!
- Make friends in social settings; dancing, exercise class.
- Bean bags (See EDCON group: [www.edcongroup.org](http://www.edcongroup.org)).
- Have a tea party or card party.
- Word games, board games, puzzles, crossword puzzles.
- Make a scrapbook or video together of their life (to look at in later stages).
- Cook together.
- Play “name that tune” to radio or CD with familiar music.
- Supervised volunteer activities.
- Spend time outside in the garden or on a walk.
- Socialization with peer groups.
- Family fun time and family events.
- Movie Night: movie of their favorite time period, old television shows, or old time radio programs they used to enjoy.
- Discussion of current events.
- News Time: reading and talking about the daily newspaper or news broadcast and current events.
- Involve all senses: taste, touch, smell, sight, and hearing.
- Memory triggering phrases or sayings they may be familiar with such as “early to bed, early to rise” ..... (makes a man, healthy, wealthy, and wise).
- Support groups (See the group work and volunteering section).
- Basic household activities or chores.

## Middle Stage

Changes	Description	Examples
Memory	<ul style="list-style-type: none"> <li>Increased confusion and shorter attention span.</li> <li>Memory loss becomes apparent.</li> </ul>	<ul style="list-style-type: none"> <li>May ask the same question over and over.</li> <li>Problems recognizing friends and family.</li> </ul>
Orientation	<ul style="list-style-type: none"> <li>May become moderately disoriented to time, place, and situation.</li> </ul>	<ul style="list-style-type: none"> <li>More oriented to familiar environments and less in new environments.</li> </ul>
Judgment & Problem Solving	<ul style="list-style-type: none"> <li>Moderate impairment in solving problems.</li> <li>Poor judgment; no insight regarding cognitive changes or abilities</li> </ul>	<ul style="list-style-type: none"> <li>At risk for accidents, falls, and abuse.</li> </ul>
Language	<ul style="list-style-type: none"> <li>Increased problems with communication.</li> </ul>	<ul style="list-style-type: none"> <li>Can't find the right words.</li> <li>Difficulty following instructions.</li> </ul>
Motor & Physical Abilities	<ul style="list-style-type: none"> <li>Increased physical impairment.</li> </ul>	<ul style="list-style-type: none"> <li>May be incontinent.</li> <li>May increase wandering behavior.</li> <li>May begin to have falls.</li> </ul>
Self-Care	<ul style="list-style-type: none"> <li>Needs prompting to complete self-care tasks.</li> <li>Needs assistance with household chores.</li> </ul>	<ul style="list-style-type: none"> <li>Difficulty with personal care such as bathing, dressing, and personal hygiene.</li> <li>More dependence on others for assistance.</li> </ul>
Mood	<ul style="list-style-type: none"> <li>Personality and behavior changes such as suspiciousness, irritability, restlessness, agitation, aggression, obsession, and compulsive behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>May see or hear things that are not there.</li> <li>May have sloppy manners.</li> <li>May dress inappropriately.</li> </ul>

## Suggested activities

- Keep in contact and maintain friendships.
- Find time to laugh, and do it often!
- Have a tea party.
- Bean bags (See EDCON group: [www.edcongroup.org](http://www.edcongroup.org)).
- Sorting and matching games or objects.
- Puzzles, dominoes, checkers.
- Spend time outdoors: plant flowers, watching birds, or go for a walk.
- Music, dancing, chair dance, exercise.
- Art and crafts, scrapbook, tactile crafts.
- Magazines, movies, television, or thumbing through old photo albums.
- Household duties (make sure to give more cues).
- String Cheerios, Fruit Loops, popcorn and hang outdoors for birds.
- Visit the park.
- Music fun: listen to big band records or CDs and have sing-alongs of old songs.
- What's in the bag: fill the bag with ordinary or familiar items and ask them to reach in the bag and guess what they're feeling.
- Fold clothes, sweep, dust, set table, or unload dishwasher.
- Word games such as finishing a common phrase. (Examples: "early to bed, early to rise or "makes a man, healthy, wealthy, and wise").
- Discuss current events from the newspaper.

## Late Stage

Changes	Description	Examples
Memory	<ul style="list-style-type: none"> <li>Severe memory loss.</li> <li>Only fragments of memory remain.</li> </ul>	<ul style="list-style-type: none"> <li>Doesn't recognize self in mirror.</li> <li>May recognize photo of self at younger age.</li> </ul>
Orientation	<ul style="list-style-type: none"> <li>Difficulty with time relationships.</li> <li>Disoriented to time and place.</li> <li>May only know self.</li> </ul>	<ul style="list-style-type: none"> <li>Every visit is the first.</li> <li>No recognition of days, weeks, or months.</li> </ul>
Judgment & Problem Solving	<ul style="list-style-type: none"> <li>No judgment or problem solving abilities.</li> </ul>	<ul style="list-style-type: none"> <li>May place inappropriate items in mouth.</li> <li>Accidents and falls are more likely.</li> </ul>
Language	<ul style="list-style-type: none"> <li>Severe communication deficits.</li> <li>Minimal or no speech.</li> </ul>	<ul style="list-style-type: none"> <li>Unable to communicate basic needs.</li> <li>Less verbal communication</li> <li>Speaks using only 2-3 words or short sentences.</li> </ul>
Motor & Physical Abilities	<ul style="list-style-type: none"> <li>Severe impairment in walking and moving.</li> <li>Rigidity and sometimes tremors.</li> </ul>	<ul style="list-style-type: none"> <li>May start sleeping more.</li> <li>May not be able to walk.</li> <li>Difficulty sitting up.</li> <li>Increased falls.</li> </ul>
Self-Care	<ul style="list-style-type: none"> <li>Completely dependent on others for care.</li> </ul>	<ul style="list-style-type: none"> <li>May be able to eat finger food without help.</li> <li>May hold food in mouth and forget to chew or swallow.</li> </ul>
Mood	<ul style="list-style-type: none"> <li>Completely passive.</li> <li>Possible agitation when in pain or discomfort.</li> </ul>	<ul style="list-style-type: none"> <li>May scream, groan, or make grunting sounds (may indicate unmet needs).</li> </ul>

### Suggested activities

- Keep visiting and talking; repeat often.
- Provide different fabrics to touch and hold.
- Bean bags.
- Mobil above bed.
- Stuffed animals to cuddle.
- Quiet, soothing music from favorite time period.
- Gentle massage.
- Brush hair.
- Reminisce to music and home movies.
- Memory box, old family pictures and valued objects.
- Food items with different textures, size, and taste. Be very careful about ability to swallow. Many in late stage benefit from finger foods and small, frequent portions.
- Pet therapy.
- Touch therapy; massage involving pleasant odors.
- Hold hands or caress arm or leg.
- Ride in the car, if possible.
- Sit wrapped in blanket together in sunshine; spend time outside.

## Modifying Activities: Adapting to the Needs of Your Loved One

Matching activities to your loved one's abilities can be challenging for many caregivers. By changing and adapting as the person moves through the disease stages, you can make any valued activity available and meaningful. Try using all of the senses, such as sight, touch, taste, smell, and hearing to create and make activities easier. The following examples show how to adapt activities to the person's needs and likes at each stage of Alzheimer's disease.

### Sports

Choose sports based on the person's preferences before they were diagnosed with Alzheimer's disease.

**Prior objective:** Figure out the game. Keep statistics. Enjoy the game and the atmosphere. Attending or watching sports can still be enjoyable for people with memory loss.

**Early stage:** Watch the game on T.V. (Your loved one may not be able to watch the entire game.). Offer popcorn, simple trivia facts, articles or pictures from newspaper. Wear appropriate hat or shirt, collect pictures of players, or reminisce about old players they used to enjoy watching. Make sure to include various sports of interest to your loved one. Sing "Take Me Out to the Ballgame" or team song. Play catch with a child or friend. If unable to catch, pass or roll the ball back and forth.

**Middle stage:** Sing "Take Me Out to the Ballgame," eat (or smell) popcorn or hotdogs, or watch short clips of the game. Show several pictures of old players, one at a time. Show and touch props and equipment, one at a time. When interest decreases, stop.

**Late stage:** Short activities, 15 minutes or less. Gentle massage to stimulate, sing "Take Me Out to the Ballgame," put ball in the person's hand while you reminisce and talk about baseball or another sport. Remove the ball and put a glove in the person's hand, smell the leather, feel a bat (or helmet, or other sports equipment), sing again, or provide smells of popcorn.

### Cards and Board Games

Your loved one can still enjoy cards and board games if you make them simple and less complex.

**Prior objective:** Most games have rules. There is an objective and someone wins.

**Early stage:** Play the game without all the rules and regulations if the person gets frustrated. Keep playing the game even if it is the wrong way to play. Follow their idea of the rules. Enjoy being together.

**Middle stage:** Match the cards or pass the cards back and forth. Discuss the colors and type of card. Move playing pieces around the board. Ask your loved one to help you in playing a game with others of the same level or capacity. Some people may be able to play a favorite game "correctly."

**Late stage:** Hold a card with the person; look at the game board or playing pieces. Look at pictures and talk about the game that they loved. Talk about the people who they used to play with (reminisce).

## Spirituality and Religion

Use what people remember as children and adults within their denomination or religion. Faith and spirituality is sometimes a key component for older individuals of any religion. This is not, however, a time to try to convert your loved one to a different religion. Stick with what they know.

**Early stage:** Go with your loved one to their religious establishment. Watch a religious program on television. Help initiate prayer, read religious texts or daily devotionals, and sing favorite hymns together.

**Middle stage:** Conduct a short service at home or arrange for a service in your home. You can make up a religious service by asking the faith based leader for assistance. In your service, you may want to start with a hymn your loved one would recognize, read a traditional verse, say a prayer, using familiar religious symbols. Again, this activity is meant to encourage joy and help the person feel secure with a routine. Make sure the religion is what your loved one is familiar with.

**Late stage:** Play or sing songs of your loved one's faith. Use symbols they can see and touch. You may be the only one able to participate, but your loved one will still receive joy and comfort. Read a religious text. Keep any activity short. Make it a very personal and hands-on service.

## Activities of Daily Living (ADLs)

The five identified activities of daily living are bathing, dressing, toileting, transferring (in and out of a chair), and eating. Routine tasks, such as getting dressed and doing chores are considered activities that can help create meaning and purpose in the lives of people with dementia. People with Alzheimer's disease will gradually lose their ability to do these everyday activities. You can assist by giving "cues," or signals to what is coming next.

Think about all the steps it takes to do your normal routine and then modify to fit the routine that your loved one used in the past. People differ in their routines. Try to match what they used to do and do not teach new ways. Below is an example of ten steps that are involved in brushing your teeth:

1. Get out the toothbrush and toothpaste.
2. Unscrew the cap on the toothpaste.
3. Pick up the brush and the toothpaste.
4. Put a pea size amount of toothpaste on the toothbrush (to minimize swallowing).
5. Brush your teeth in a circular motion, making sure to brush top teeth and bottom teeth.
6. Spit in the sink.
7. Rinse mouth.
8. Rinse off the toothbrush.
9. Put the cap back on the toothpaste.
10. Put away the toothbrush and toothpaste.

**Early stage:** You may need to give an occasional reminder and provide minimal assistance when your loved one is performing Activities of Daily Living (ADLs).

**Middle stage:** Use "cues" or hints when assisting with ADLs. Your loved one may ask, "What is next?" You might say, "Next you put water on the brush." Then let the person continue. You assist only when the person becomes stuck at a particular step. Please remember that in this stage you may need to be physically present to give assistance. Calling from another room may not be helpful.

**Late stage:** You or an aide must provide full assistance with all ADLs. ADLs help people retain their dignity. Don't let these activities dwindle away.

## Group Involvement Options for People with Early Stage AD

Being a part of a group activity gives people a sense of worth and importance; however, finding groups that are appropriate and accepting of people with even mild memory loss can be challenging. This section includes several recommendations where a person with early stage might feel comfortable, needed, and appreciated. Groups provide encouragement, social interaction, and meaningful conversation. When a family engages a loved one in volunteering and support groups, everyone's connection to the community gets stronger.

### Adult Day Centers

Adult Day Centers are more than a "sitter" service. Adult day centers function like a senior center for people with memory problems and other disabilities. The staff tailors activities to the abilities and interests of the people who attend. Most adult day centers provide meals and transportation as part of their fees. For a list of local adult day centers, call our 24-hour Helpline or go online to <http://www.communityresourcefinder.org/>

### Religious Establishments

Many religious organizations accommodate people with memory loss, encouraging caregivers to accompany their loved ones to all or parts of a service. Participating in a discussion group or a sewing or crafts circle may be enjoyable. Some religious organizations have in-home or nursing home visiting programs. Some also provide companions and caregivers as part of their mission.

### Living with Alzheimer's for People with Alzheimer's

The Alzheimer's Association offers Living with Alzheimer's for People with Alzheimer's as a four part education program for people who are in the early stages of Alzheimer's disease and their family and friends with a follow-up monthly support group for graduates. This program provides helpful disease information and guidance on managing current needs, planning for future needs, and developing and working with a care team. Please call our 24-Hour Helpline for more information.

### Let's Talk

Individuals with early stage memory loss volunteer at the Alzheimer's Association office to provide friendly and supportive phone calls to other individuals with early stage memory loss. Please call our 24/7 Helpline at 800.272.3900 for more information.

### Meet Up

Alzheimer's Association Meet-Up events are social and cultural activities for individuals with mild memory loss and their family members, friends and/or other supporters. For a calendar of upcoming events, go to the chapter website early stage portal. Registration is required.

### Community Groups

Groups don't have to be associated with the Alzheimer's Association to be accepting of people with early stage memory loss. Political organizations may need volunteers to do simple tasks. Community senior centers have exercise programs, Bingo, games, and short day trips. Local libraries have reading programs. Think creatively and help your loved one stay involved in the community.

### Cardinal Reminisce League

The Cardinals Reminisce League is open to whoever would like to join their fellow Cardinals fans to share memories and learn about the history of our illustrious hometown team. It is even open to new fans or those who just want to learn a little more about the Cardinals. Fans of the Browns are also warmly

welcomed – we'll probably even include a session focused on the Browns. We hope to plan a trip to Busch Stadium and have a chance to go onto the field. Call our 24/7 Helpline for more information.

## The Life Story

Our experiences influence who we are and makes us unique individuals. For many people with Alzheimer's disease, the memories from long ago may be the only memories left. Knowing a person's "Life Story" helps others choose activities and find ways to redirect the person, thus avoiding difficult behaviors. The main goal is to find out who your loved one is, where they have been, and what they have done in their life. The information included below is a summary from several sources in the Alzheimer's Association Library. Feel free to call us if you would like to see other examples of the "Life Story" activity.

### Make the Life Story an activity at any stage

**Early stage:** Create a Life Story with your loved one. This can be in the form of a scrapbook. This activity involves getting family, friends, and neighbors together to look back at the person's life and contribute written stories, letters, photographs, articles, postcards, poetry, souvenirs, and other materials and objects. You can also tape record or videotape people talking with your loved one about past events.

**Middle stage:** Look through the Life Story and reminisce about the items in the book. Watch the video or listen to the tape. Make a poster for the family tree and add a photo of each person with their name. When people come to visit, they can autograph their photo.

**Late stage:** Read the Life Story to your loved one. Hearing your voice talking about old memories helps put people at ease. Encourage care providers and visitors to use the Life Story for conversation.

### Notes about the Life Story activity

A good start would be interviewing your relative or friend about his or her family history, nationality, heritage, traditions, and celebrations. Ask about favorite sports, books, music, and hobbies. You may want to ask about cultural and historical events. Go all the way back to childhood. As Alzheimer's progresses, your loved one will be less able to remember more recent events. Childhood interests, games, homes, and pets are good topics. This is a great opportunity to reminisce, an activity that most people with Alzheimer's enjoy tremendously. Depending on the status of your relative or friend's memory, you may also want to interview neighbors, co-workers, old friends and other family members and record their memories of your loved one.

Other sources of information can include old documents, important papers, or personal correspondence. You may want to make copies of precious photos and documents so that they won't get lost or ruined. These types of scrapbooks typically get a lot of use.

A life story is a good way to focus on the positive things your loved one has done in life and can still do. Even after your loved one starts to lose most of their memories, a life story shows that you care and value them.

- Involve your loved one in the project. You can make the project as simple or as elaborate as you like. The Life Story can take on any form. Create something that is individual to your loved one.
- Share the Life Story with other caregivers so that they may better understand your loved one. This story can be a great asset if your loved one is in a medical setting or if your loved one needs long-term care. Many facilities use this tool or one similar to individualize a person's care.
- The Life Story serves as a reminder. People who have Alzheimer's disease may have periods of agitation and frustration. Referring to the Life Story can help, not only to remind you of important events, but can also serve as a type of therapeutic reminiscence for your loved one.

## Ideas for Life Story Contents

<p><b>Full name and basic information:</b></p> <ul style="list-style-type: none"> <li>-Nickname and terms of endearment</li> <li>-Maiden name</li> <li>-Birth date</li> <li>-Marital status</li> <li>-Occupation(s)</li> <li>-Hobbies and Interest</li> </ul>	<p><b>Spouse or partner's name and basic information:</b></p> <ul style="list-style-type: none"> <li>-Nickname and terms of endearment</li> <li>-Birth date</li> <li>-Occupation(s)</li> <li>-Hobbies and Interest</li> </ul>
<p><b>Cultural and ethnic background:</b> traditions, practices, and important ceremonies  <b>Religion and spiritual beliefs:</b> traditions and special holidays  <b>Wedding information:</b> date, place, bridal party, gifts, honeymoon, etc.</p>	
<p><b>Family tree information:</b></p> <ul style="list-style-type: none"> <li>-Nationality and heritage</li> <li>-Number of children</li> <li>-Number of grandchildren</li> <li>-Number of great-grandchildren</li> <li>-Names of children, age, spouse, occupation, location</li> <li>-Grandchildren's names and ages</li> <li>-Great-grandchildren's names and ages</li> </ul>	
<p><b>Childhood:</b></p> <ul style="list-style-type: none"> <li>-Mother's name, birthplace, occupation, distinct characteristics, special memories</li> <li>-Father's name, birthplace, occupation, distinct characteristics, special memories</li> <li>-Number of Siblings, sibling's names, occupations, distinct characteristics, memories</li> <li>-Friends, toys, pets</li> <li>-Special places, such as: birthplace, first childhood home, vacation spots, etc.</li> <li>-Early education, school, what it was like, fond memories, particular events</li> </ul>	
<p><b>Adolescence:</b></p> <ul style="list-style-type: none"> <li>-Junior and high school location, diplomas, experiences, favorite subject, awards, memories</li> <li>-Best friends, roommates, teammates, other friends</li> <li>-Hobbies, sports, clubs, and other interests</li> <li>-First job</li> <li>-Favorite clothing</li> <li>-Dating experiences: Did you date? First date? First love? First kiss?</li> </ul>	
<p><b>Young Adulthood:</b></p> <ul style="list-style-type: none"> <li>-Name of college or other higher education or trade school: location, experiences, favorite</li> <li>-Major, Minor, or program, fond memories, awards, achievements, events</li> <li>-Clubs and community service</li> <li>-Dating memories</li> <li>-Marriage(s) and partner(s)</li> <li>-How and where did you meet your spouse? What special feelings and memories?</li> <li>-Job(s): places, job descriptions, salary, best experience, awards</li> <li>-First home: address, city or town, description of what it was like</li> <li>-Military service: branch, war service, rank (title), division</li> <li>-Work years: experiences, fond memories</li> </ul>	

<p><b>Middle Age:</b>  Hobbies  Clubs and organizations  Occupation / Volunteering / Community service  Fond memories of children or grandchildren  Recreational activities and vacations, Other special memories</p>	
<p><b>Older Adulthood:</b>  Life achievements and accomplishments  Hobbies  Travel  Other memories: children, grandchildren, great-grandchildren, siblings, humorous event(s)</p>	
<p><b>Daily Routines:</b>  Time I wake up  Time I go to bed  Nap time  Bathing: morning, afternoon, or evening; prefer bath or shower? What do I get cleaned up for? (an event, church, before friends or family come over)  Meals: size of portions, favorite foods, times of day, what do they call each meal?  Other specific routines</p>	
<p><b>Favorites:</b>  Color  Food, treats, comfort food  Sports: player, team  Hobbies and crafts  Treasured item</p>	<p><b>Favorites:</b>  Season and holiday  Flower and animal  Person  Item of clothing  Book, movie, movie star, TV show</p>
<p><b>Preferences and personality:</b>  I get angry when _____  I laugh when _____  I have always wanted to _____  Accomplishments that I am proud of include _____  I love to talk about _____  Expressions of intimacy:  Like to hug? Hold?  Like to shake hands? Hold hands?  Back rubs?  Use terms of endearment?</p>	
<p><b>Miscellaneous topics:</b>  What type of transportation did they use? What was the person's first car?  Do they sing or play a musical instrument?  Were there any traditional holiday events? Seasonal activities?  Was the person very active? Physically fit? Outdoorsy?</p>	

**Note:** If you have internet access, you may also want to do a Google search on "writing life story" and you will find many resources to assist.

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## Additional Resources

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Most of the following resources are available at the Alzheimer's Association. For packets, information, questions or support, call the 24-hour Helpline at (800) 272-3900 or visit the website: [www.alz.org/greatermissouri](http://www.alz.org/greatermissouri). Visit our Community Resource Finder to get easy access to a comprehensive listing of Alzheimer's and dementia resources, community programs and services at [www.communityresourcefinder.org/](http://www.communityresourcefinder.org/)

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### Resources at the Alzheimer's Association

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**Adult Day Centers**—Locations that provide social and recreational activities and meals. Other services may include: nursing care, individual treatment plans, transportation and support groups for caregivers.

**Alzheimer's Support Groups**—List of various locations of free and open support groups for both the caregiver and the person with Alzheimer's disease. This list includes both specialized groups and general support groups.

**In-Home Agencies**—Lists of agencies that provide in-home help. The agencies offer a wide range of options, such as companion services, personal care, household assistance, and skilled nursing care.

**In-Home Independent Companion**—Lists that explore the idea of hiring an independent companion and offers helpful tips to know. Independent companions are found, hired, trained, and paid for by you. You are the employer.

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### The following books and DVD's are available through the Alzheimer's Association Resource Center

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#### Books

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- The 36-hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related
- Activity Programming for Persons with Dementia: A sourcebook. Alzheimer's Association. 1995.
- Aging with Grace. David Snowdon.
- Alzheimer's A to Z: A Quick Reference Guide, Everything You Need to Know about Alzheimer's. Jytte Lokvig, MA and John D. Becker, MD. 2004.
- Basic Dementia Care Guide, ©Alzheimer's Association. 2015.
- The Best Friends Book of Alzheimer's Activities. Virginia Bell, David Troxel, Tonya Cox, & Robin Hamon. 2004.
- Creating Moments of Joy for the Person with Alzheimer's or Dementia: A Journal for Caregivers. Jolene Brackey. 2015.
- Doing Things: A Guide to Programming Activities for Person with Alzheimer's Disease and Related Disorders. JM Zgola. The Johns Hopkins University Press. Baltimore: 1997.
- Failure-Free Activities for the Alzheimer's Patient: A Guidebook for Caregivers. Carmel Sheridan.1987.
- The "Forget-Me-Not" Activity Planning Book. Kim Warchol, Caroline Copeland and Chris Ebell.2002.
- The Memory Bible. Gary Small. 2002.
- Keeping Active: A Caregivers Guide to Activities with the Elderly. Susan C. Walker.
- Keeping Busy: A Handbook of Activities for Persons with Dementia. James R. Dowling. 1995.
- Making the Moments Count: Leisure Activities for Caregiving Relationships. Joanne Ardolf Decker.1997.
- The Positive Interactions Program of Actives. Sylvia Nissenboim and Christine Vroman. 1998.
- Understanding Difficult Behaviors: some Practical suggestions for coping with Alzheimer's disease and Related Illnesses. Anne Robinson, Beth Spence, and Laurie White. 1992.
- The Caregivers Essential handbook. Sasha Carr M.S. and Sandra Chorán. 2003.

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## Video/DVD

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- **Creating Moments of Joy.** (3-part tape) 1999.
- **Forever fit.** 30 min. 1995
- **Lucy's Lost Episodes.** 30 min. 2000.
- **Making Connections.** 75 min. 1995.
- **Relaxation Tapes.** Series of tapes that provide soothing atmosphere for those with dementia or Alzheimer's 1996.
- **Respite Family Tape** 90min. 1991.

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## Web Resources

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**Alzheimer's Association**— [http://www.alz.org/living\\_with\\_alzheimers\\_activities.asp](http://www.alz.org/living_with_alzheimers_activities.asp)

“For the person with Alzheimer's, activities structure the time. Activities also can enhance a person's sense of dignity and self-esteem by giving purpose and meaning to his or her life.”

**The Alzheimer's Store** - “Your one stop resource for products for people with Alzheimer's disease and their caregivers” and articles “relating to Alzheimer's disease and related topics - personal stories, to caregiving issues, to professional instruction and much more.” Sign up to receive their monthly e-newsletter. Visit the website at <http://www.alzstore.com/> or call for a catalog: 1-800-752-3238

**Activity Ideas that Work**-- [www.theactivitydirectorsoffice.com/Gina\\_ActivityIdeasThatWork\\_Home.html](http://www.theactivitydirectorsoffice.com/Gina_ActivityIdeasThatWork_Home.html)

**The EDCON Group** - Kansas City, MO - [www.edcongroup.org](http://www.edcongroup.org)

**National Family Caregivers Association** - [www.nfcares.org](http://www.nfcares.org)

**Remember with Me** - Activity Kit for those with Memory Loss. Contact info: Michael Edson, MS, L.Ac.; 136 N. Chestnut Street, #13A; New Paltz, NY 12561. 1-845-255-8222 or [www.naturaleyecare.com/shop/remember-with-me-kit.html](http://www.naturaleyecare.com/shop/remember-with-me-kit.html)