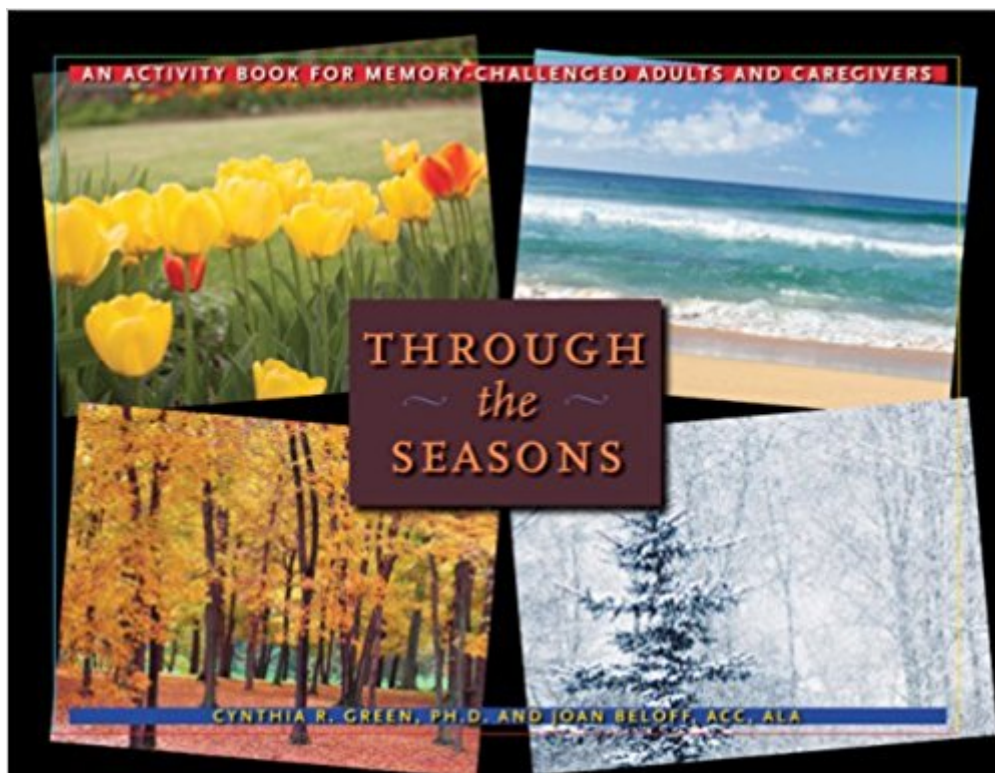




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Through The Seasons: An Activity Book For Memory-Challenged Adults And Caregivers (A 36-Hour Day Book)



Synopsis

Mental stimulation has been found to offer demonstrable benefits for people with Alzheimer disease, dementia, or other memory impairment. Through the Seasons helps family members and caregivers engage memory-challenged adults in simple, enjoyable activities that provide stimulation and enhance communication. Fun and easy to use, this large-format color picture book is divided into themes representing the four seasons. Each section describes several multisensory experiences—such as picking apples or raking leaves—along with related topics for discussion and activities to elicit memories and encourage new positive associations. The topics and activities incorporate all five senses to facilitate connections and conversations with memory-challenged persons across a wide range of cognitive function. Designed by nationally recognized experts in gerontology, geriatrics, and memory enhancement, this workbook provides a scientifically sound, well-developed program that will help family caregivers and professionals maintain and enhance relationships with the persons in their care. It also helps memory-impaired individuals to retain dignity and remain active companions, even as their communication skills become increasingly limited. Through the Seasons includes an introduction with instructions for family and professional caregivers as well as a resources section at the end of the book.

Book Information

Series: A 36-Hour Day Book

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Customer Reviews

"Written by a specialist in gerontology and a psychologist with expertise in memory and brain health,

this book offers a variety of creative activities meant to stimulate communication with loved ones who have a memory disorder." (Family Caregiver Alliance)"This book provides a great way to interrupt the daily routines of caregiving with activities that are easy and fun for both the caregiver and the person with dementia. The ideas offered are realistic yet adult in tone, rely on life-long experiences, and are simple to put together." (Nancy L. Mace, coauthor of *The 36-Hour Day*)"Through the Seasons is a creative way of conceptualizing, in a practical way, enhanced communication and connection with persons in the moderate to advanced stages of dementia." (Darby Morhardt, Northwestern University Feinberg School of Medicine)"As a geriatrician who has cared for thousands of people with memory disorders and Alzheimer's disease, I have found that the greatest challenge is creating quality of life. That is what *Through the Seasons* is about. Patients need structured activities that are intellectually challenging, even though they may have dementia. Perhaps even more valuable, the content in *Through the Seasons* can greatly assist caregivers in their efforts to fill each day with meaningful activity." (Howard Fillit, Ph.D., Executive Director, Alzheimer's Drug Discovery Foundation and the Institute for the Study of Aging)"This book was very useful in Memory Care. It gave GREAT questions to ask. The photos were nice, clean and clear." (Eileen Fredman, AAC NCCAP)

Cynthia R. Green, Ph.D., is an assistant clinical professor of psychiatry and the founding director of the Memory Enhancement Program at the Mount Sinai School of Medicine. She is the president of Memory Arts, LLC, and the author of *Total Memory Workout*. Joan Beloff, ACC, ALA, is the director of Community Outreach and of the award-winning New Vitality program at Chilton Memorial Hospital.

As your loved one becomes more disease than the person you fell in love with, it's harder and harder to find things to talk about that will not upset him or find things he can comprehend enough to talk about. This book is simple-actually I was expecting it to be a bit more-but has some nice suggestions. Every time I visit him he finds it harder to communicate. I hope this will give us something to do together.If you have someone with Alzheimer's or Dementia, this book could be nice to have.

This is a good book, it just wasn't what I was looking for. First, it has in big text "For memory impaired' on the cover, so that ruled out giving it to my grandmother. Also, inside is tons of text. It's my fault for not reading the description I guess, but this is not for independent reading. This is for if

you want to hold the book yourself and read it to someone. One side is a big pic and the other is a list of 'things you can talk to the person about' regarding the pic. If you're looking for an activity that you can do with an older person, this would be for that.

Purchased this for my Mother who lives in a nursing home and has dementia. She hardly talks and it's hard to engage her. Other than looking at old family photos and sometimes looking at animal or holiday YouTube videos (which we're always doing), this gives us another task that often engages her more.

The cover is the best part. Wording is too childlike even for my mom who has dementia. Wasn't really impressed with most of the pictures. If you like lots and lots of instructions on how to interact with a person who has dementia, then you 'might' like this - every other page is a full page of just instructions.

I work on an Alzheimer's Unit and the residents and I really enjoy this book. It allows for so much conversation about what goes on during each season and brings them back to when they were young. I love seeing the smile it puts on their faces as they reminisce back to even their childhood!

The premise is excellent and the "talking" suggestions are good. The actual "hands on" activities suggested are probably fine for someone whose dementia is not as advanced as the person I bought it for.

Great book with conversation starters and wonderful pictures. Unfortunately, the cover and introduction clearly indicate it is for memory challenged adults. Before using with my mom I would want to cut out some pages and try to cover up some of the text on the covers. Suggestion... Include this info in a section that can be removed.

I find this a wonderful resource to use with someone experiencing moderate to advanced dementia. The seasonal themes and photos offer great opportunities for conversation that is not stressful. There are many wonderful activities that caretakers can use.

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