

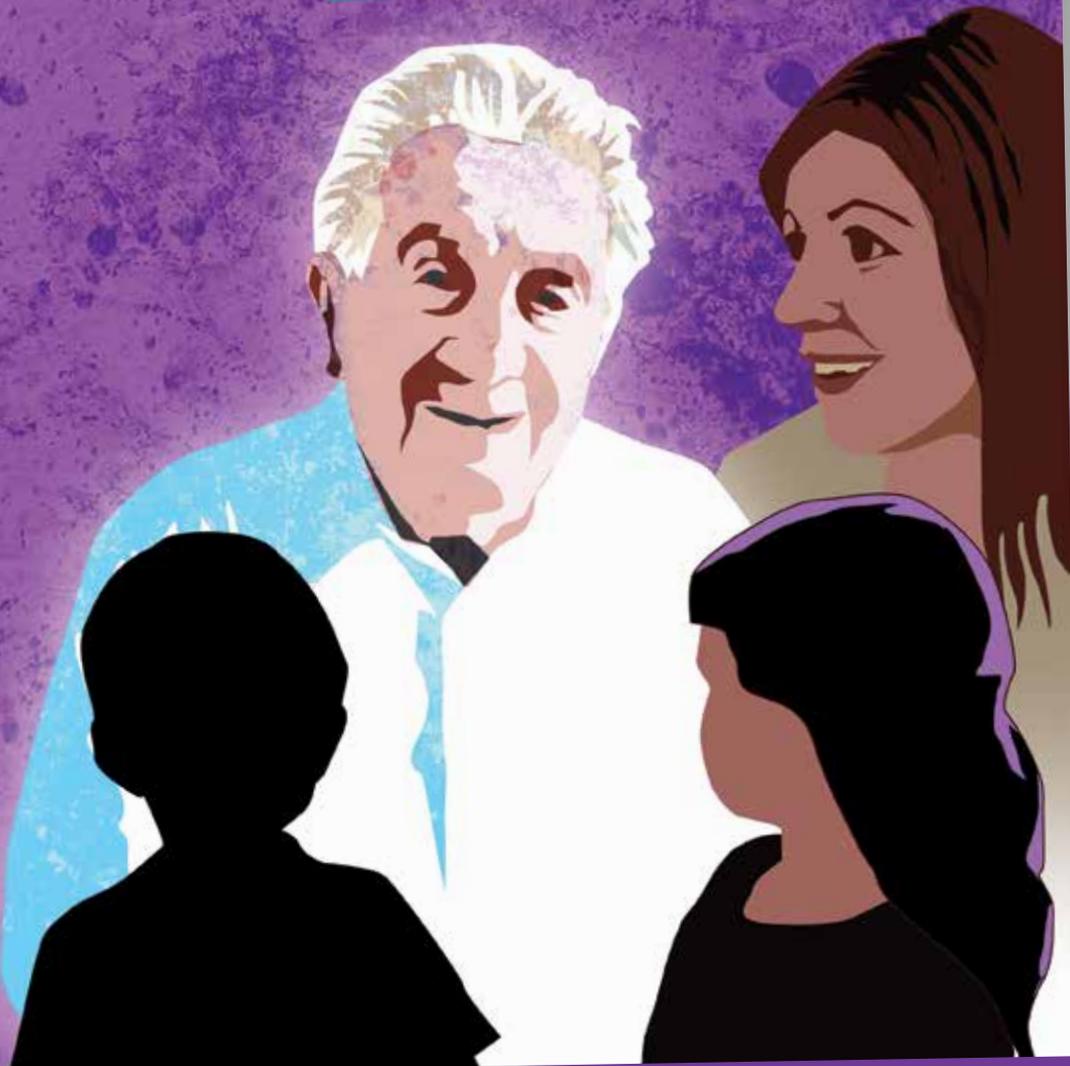
Dementia and the family

Dementia and the family is all about helping families to live well with dementia. Through an intergenerational approach to caring for a loved one with dementia, the book will give families the confidence and the self-belief in the difference they can make.

Dementia and the family

Rachel Johnstone

Price
£6.95



Activities and guidance for families and carers

"I think it is an absolute cracking little gem.

This book helps you to help them stay active, involved and engaged. You will surprise yourself just how much of the person you love is still there - waiting for you to find them." *Paul Smith, CEO Dementia.REP*

160 + intergenerational activities which will spark memories, stimulate engagement, encourage interaction, and which focus on your loved one's capabilities and interests.

- Fun, easy-to-follow and dementia-friendly.
- Adaptations for different stages of dementia.
- Explanation about why the activity is beneficial and appropriate.
- Activities are organised by themes:
 - Reminiscence trips and activities
 - Games
 - Arts, crafts and music
 - Relaxation, exercise and outside
 - Home, food and shopping
 - Something for you
- Step-by-step framework to show how to develop your own successful family activities.

Ideal for use by families to support a loved one with dementia at home.

Great resource for care homes, Memory Cafes and people working in day services and voluntary organisations.

There are sections about:

- Caring for a loved one with dementia.
- How to talk to children about dementia.
- How memory works.
- Creating a dementia-friendly home.
- Communicating with someone with dementia.
- Why stimulation and activities are so important to a person with dementia.

Website with even more activity ideas, useful articles and a list of organisations providing support. Please visit www.parentsandfamilies.com

This book is full of common sense; it's clear, concise, and to the point, without confusing technical jargon. The activities are simple to do, and some may seem like just everyday tasks but to those with dementia, it's a whole new experience, or it's helping bring back memories of what they used to do, and it is so important to remember these treasured memories." *Norrmc McNamara, Dementia Champion, grandfather, diagnosed with dementia aged 50 years*

REMINISCENCE ACTIVITIES

20
Con-
versation
starters

Conversation starters

It is often the case that people find it easier and more natural to reminisce whilst engaged in some kind of activity. This might be chatting whilst taking a walk in the garden, working on a hobby or listening to music. Reminiscing in this informal way – and using different kinds of sensory triggers, such as objects, photographs, smells, music and old-fashioned footage – will help your loved one to take delight in talking about their past. Many of the activities, described above, include ideas and pointers for reminiscence work, but here are a few more conversation starters:

- Cars that you have owned over the years: favourite cars and memories of special outings and trips behind the wheel
- Ways that you used to earn money: collecting rags, empty bottles and selling coal from an old pram or pushcart
- Trips to the dentist: the black rubber mask you had to wear for tooth extractions
- Memories of getting your first television set and the programmes you used to watch
- Items you used to collect, including postcards, cigarette cards, Matchbox toys and marbles
- Your most valuable possessions as a child – which were often kept in a small wooden or tin box
- The 'street games' of yesteryear: 'Queenie, queenie, who's

REMINISCENCE ACTIVITIES

21
Yesterday's
news

Buy a newspaper from the past, or search online at the British Newspaper Archive. With the coffee freshly brewing, you can sit down to read the paper together or you can read out sections to your loved one to trigger memories from the past. How about getting hold of an edition from a significant event in their past or a memorable historical event? You can also use newspapers to research your family history. It isn't just the wealthy or famous who appear in newspapers!

22
Send a
postcard

Imagine a time before social media, text messages, mobile phones and Skype. How did people actually communicate with each other? The answer: they wrote postcards and letters! Postcards are a brilliant way to capture and share memories. Stock up on old-fashioned postcards, and encourage your loved one to send a postcard to another family member describing the activities they have enjoyed or a treasured memory they have remembered. There is also much enjoyment to be had looking through an old collection of postcards. It's not just the images on the cards, of a particular place in time, which are captivating; it's the story behind the hand-written messages.

23

No Christmas was complete without an annual, featuring the best of the year's stories, articles and illustrations from your favourite comic book. These books are real pieces of history, with their lavish design and colourful covers. Although many annuals fell out of fashion during World War Two, when other forms of literature

ARTS, CRAFTS AND MUSIC

75
Peg
dolls

Description: The tradition of making dolls from wooden clothes pegs comes from a time when families couldn't afford to buy toy dolls. When toy-making stopped during World War Two, children would imaginatively make toys from items they found in and around the home. Peg dolls are a perfect example of this. All you need is an old-fashioned peg and then you can design your own peg doll using almost anything you like. You will find lots of ideas and inspiration at www.parentsandfamilies.com.

Props and Preparation: You will need to buy some old-fashioned wooden 'dolly pegs', which are not difficult to get hold of. You should then collect things like scraps of fabric for the dress (with a small length of cotton to create a waist for the doll), pipe cleaners for the arms, beads and sequins to decorate the dress, wool for the hair, and you can even make skirts for the doll out of cupcake cases! In addition, you will need glue, scissors and felt tip pens. It is a good idea to coat the peg in clear nail varnish to stop the ink from seeping into the wood when you draw on the face.

Adaptation: You could choose a theme for your peg dolls – such as making superheroes, jungle animals or mermaids. You could even create a 'set' for your dolls and use this as a basis for some story-telling. There are endless ways of using a craft theme to encourage meaningful, intergenerational activities. How about making a resolution as a family to give each other at least one home-made gift every holiday? Children could be encouraged to write, or blog, about what they achieve.

Festive fun

Going back to a traditional Christmas means making Christmas gifts, finding logs and fir cones for decorations, real wax candles on Christmas trees (which wouldn't pass the Health and Safety test nowadays!), decorating the house with garlands and Christmas lanterns, singing Christmas carols and Christmas stockings with symbolic gifts – such as a shiny new penny to signify wealth. The activities that follow are all based on making decorations and gifts, as was customary in the austerity years.

ARTS, CRAFTS AND MUSIC

76
Making
paper
chains

Description: Christmas paper chains are traditional decorations that are easy to make. Once you start, you will find it difficult to stop! The fact that there are no complicated instructions to follow, and it relies on a repetitive action, makes it an ideal activity for your loved one. To make paper chains, first cut strips of coloured or patterned paper. Fold one strip into a loop and stick the ends together. Thread the next one through the first and stick together as before. Keep going until your chain is as long as you want it to be.

Props and Preparation: You can either cut the strips for paper chains yourself or you can buy ready-made strips from shops (which won't require the use of glue).

Adaptation: As well as making paper chains, you can make paper angels by creating a template and cutting out this shape on a folded piece of paper. You can find further instructions at www.parentsandfamilies.com.

77
Sewing
cards

Description: Sewing cards, or lacing cards, involve threading a piece of wool or lace around the outline of an image or following the holes in a pattern. It is like dot-to-dot – but with laces, rather than a pen. Dementia affects fine motor skills, and the ability to complete tasks that require hand-eye coordination, but this activity is easily simplified by using bigger pictures with fewer holes.

Props and preparation: Whilst it is still possible to buy sewing cards, you can easily make your own as a family project. Find appropriate pictures that will appeal to your loved one, laminate them and then use a hole punch to create a pattern.

Adaptation: To make this activity all the more purposeful, set the task of creating gift cards using this technique.

78

Description: Paper snowflakes are another easy-to-make traditional decoration. All you need is paper and scissors and you are good to go. They can be stuck to the window or hung from the ceiling.

HOME, FOOD AND SHOPPING

139
Guess the
advert

Description: There is a fascinating history behind brands and advertising, as you will have learnt from the Advertising Archives activity! This is a game that can be played by all the family, using adverts and brands from across the decades.

Props and Preparation: Collect a range of adverts, food packaging and logos from the 1950s to the present day. Get three pieces of cardboard and cut a square hole in the centre of each one – each hole should be larger than the previous one. Place the first piece of cardboard (with the smallest hole) over the brand, advert or food packaging and see who recognises it. If no-one can, then try the cardboard with the next size up hole, and so on. You can always decide to work in teams and keep a count of the scores.

Adaptation: You might like to look at the history of one particular brand, such as Heinz. This is a great way to really get a sense of how adverts and marketing messages have changed over the decades – from clear targeting of 'housewives' with the beans' value to the modern adverts of today, which promote the 'five-a-day' benefits.

At home

An activity doesn't have to be focused around leisure and recreation. Activities around the home will help your loved one to feel like a valued part of the household, provide a sense of normality and improve their self-esteem by showing they can still manage useful tasks. Personal care activities – such as brushing hair and applying make-up – can be particularly helpful in the care of people with dementia.

HOME, FOOD AND SHOPPING

boiling water over the top. Cover and steep until the liquid is cool, and then strain and squeeze out the liquid from the petals. Refrigerate the rose water in a sterilized jar between use. Please note that it is a good idea to test the rosewater on your inner arm before applying it to your face.

141
Household
chores

Description: There are lots of tasks, both indoors and outdoors, that can provide an opportunity for meaningful activity – such as dusting, watering plants, folding laundry and cleaning silverware. These activities can be enjoyable and can be easily adapted to a person's abilities. Remember the tasks may not be performed to perfection, it is the process, and the sense of achievement, that is important. Add in a sprinkle of reminiscence by replicating the structure and routine that household chores used to take. For example, washing day would have been on a Monday, ironing on a Tuesday, shopping on a Wednesday, mending on a Thursday, and baking for the weekend on a Friday.

Props and Preparation: Draw up a list of all the household chores that your loved one can help out with. Be prepared to get them started by doing the activity with them, but resist the temptation to take over. The idea is for your loved one to do the activities themselves.

Adaptation: Use activities that are rhythmical and repetitive if your loved one struggles with multi-step tasks. Repeating a task in the same way over time creates a physical 'memory' of how

"This is an excellent book; it gives a good understanding of dementia and also good techniques on how to help. An excellent read."

Jayne Vale, National Dementia Care Award Winner, Helping Hands

"This is a really good book... Often people struggle with keeping their loved ones occupied and this is easy and quick to set up ideas. The book would be great in a memory café, for families and in hospital wards, especially as visitors are at a loss as to how to talk to, or occupy, people."

Shiobhan Pickering, Community Matron for Dementia

"I have personal experience of being a long-term informal carer for close relatives with a dementia and understand the emotional and practical difficulties this role brings. I wish I had this book to refer to years ago - it is such a valuable resource in so many ways."

Margaret Lovell, Admiral Support Worker & Carer

"A valuable resource for families, care homes and any person working with or supporting people with dementia. There are very many activities and ideas that can help to support communication and retain relationships as well as providing occupation and interest for people with dementia."

Loraine Butterworth, Admiral Nurse Clinical Lead, Cornwall Care

