

Cognitive Care Kits and Collaboration

for a Dementia-Friendly Community

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Cognitive Care Kits and Collaboration

for a Dementia-Friendly Community

- Announce who you are and what you are going to do today
- Support declarative memory
- Prepare the environment for success

From Kits to Community

Cognitive
Care Kits

- What are they?

Community
Collaboration

- How did the kits lead here?

Dementia-
friendly
Communities

- What does that look like?

The Origins of the Kits

Responded to requests from our customers

- What can I do with my loved one?

Memory Visiting from Acclaim Health

- How is this being addressed in our community?



The Origins of the Kits

Ongoing research in the dementia world

- New findings day by day

DementiAbility Enterprise

- Who needs our help?



DementiAbility Methods



DementiAbility can
teach you how to
enhance the lives
of those living with
dementia

Multidisciplinary

Evidence based

Education to connect
knowledge with practice

Focuses on abilities

DementiAbility Methods



DementiAbility can
teach you how to
enhance the lives
of those living with
dementia

Prepare an environment
for success

Practical ideas

Day-to-day resources

Frustration to hope

The Kits



What is a Cognitive Care Kit?

“Supporting the skills and abilities of people living with early, mid and late-stage dementia.”

- Early, mid and sensory kits
- Variety of activities per kit
- Contents specially prepared to meet needs at each stage
- Designed to provide successful recreation interactions both independently or in a group



What's In A Kit?

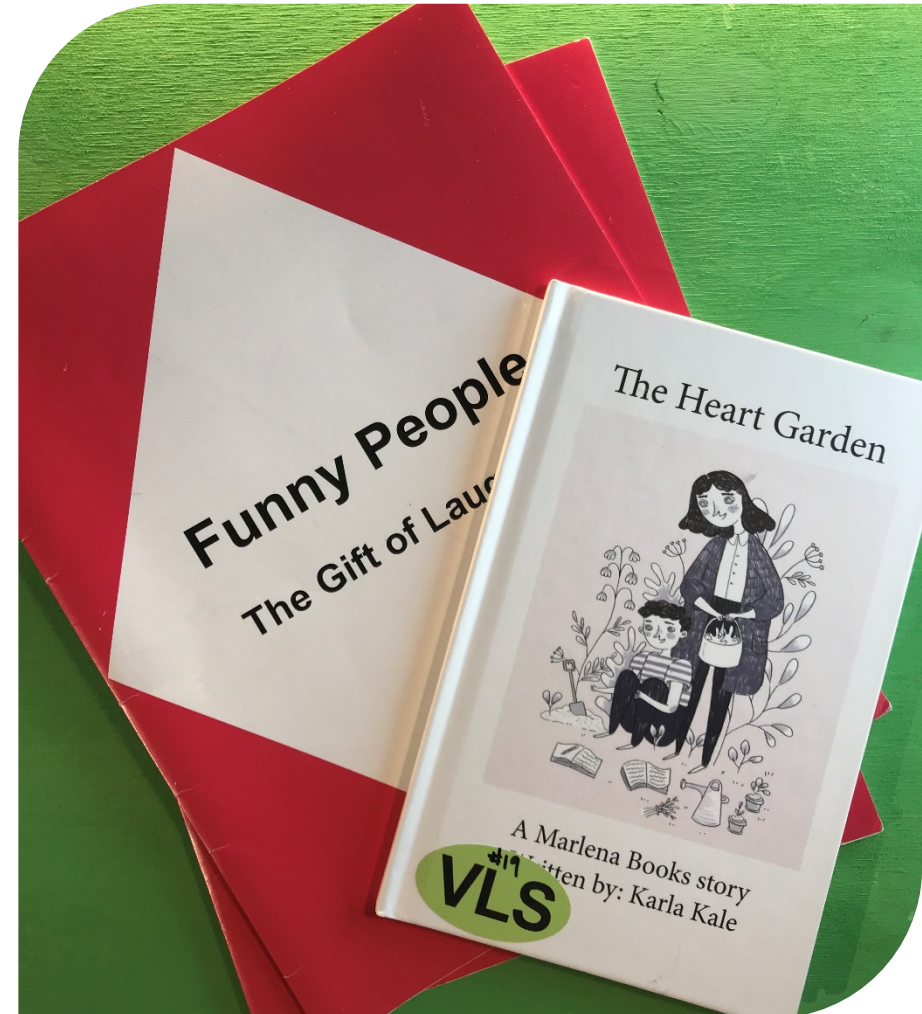
Specially prepared reading

- Large print on one side of page
- Easy-to-follow stories
- Topics that are relatable to older adults
- Page-turning prompts

Examples:

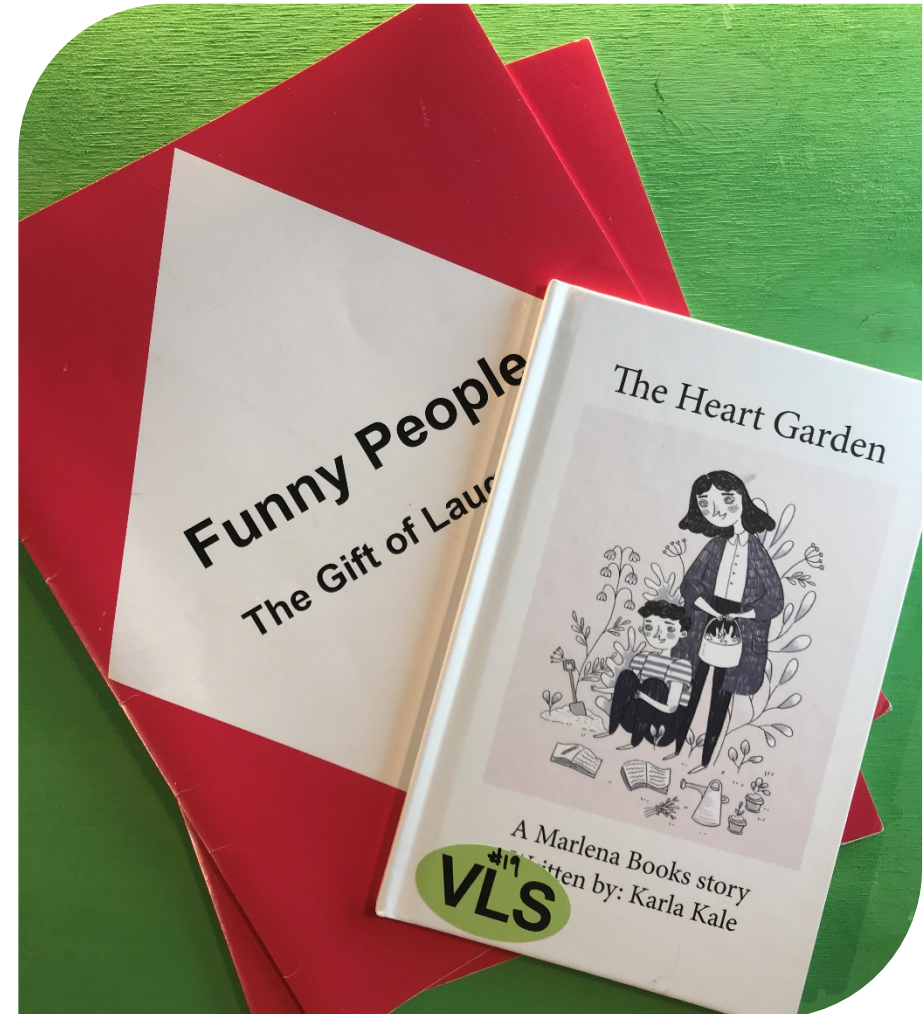
Carry On Reading series from DementiAbility

Marlena Books stories

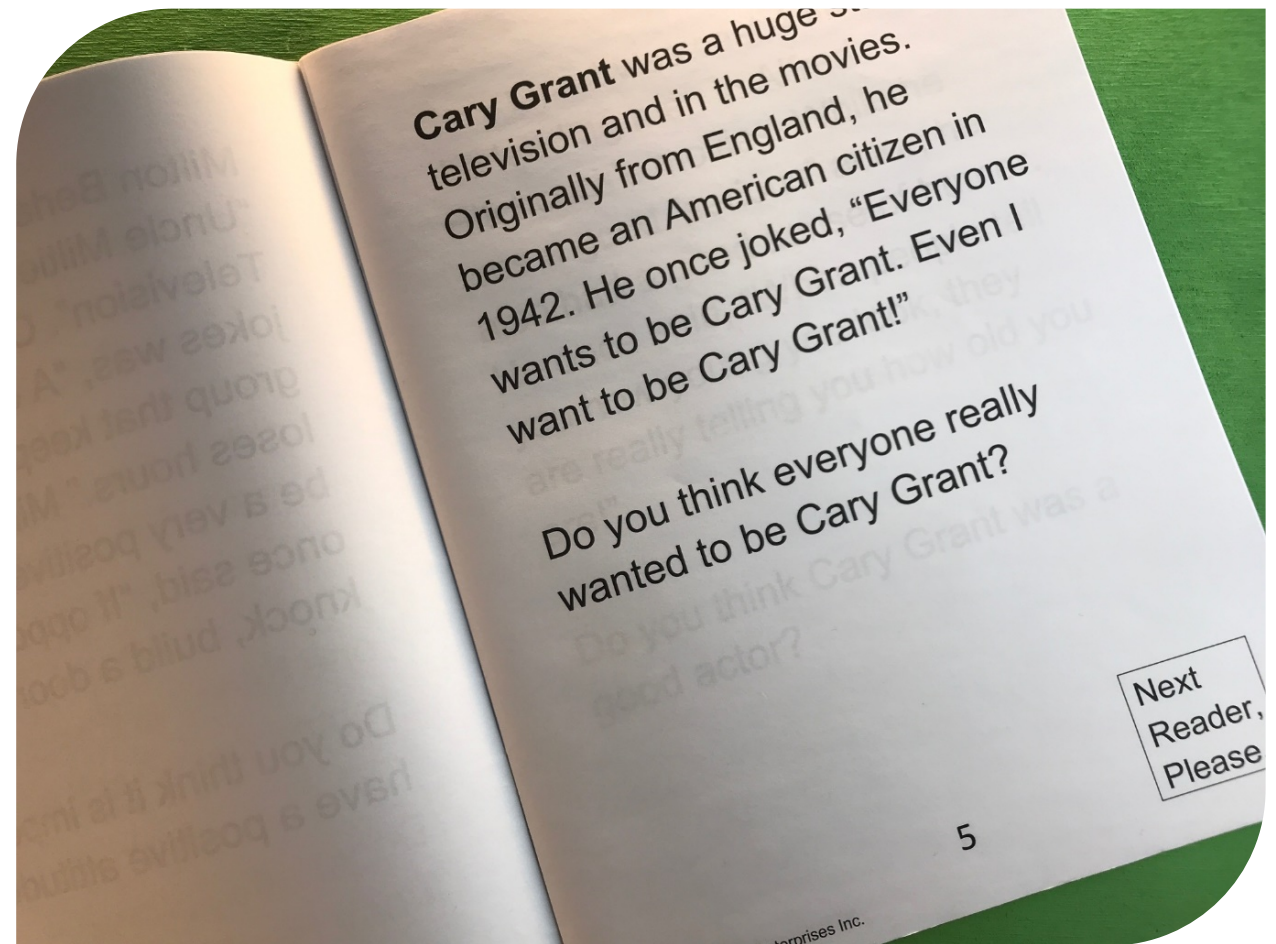


The WOW Method

- WHO is the person, past and present
- OBSERVE their engagement
- WHAT activity will you choose



“The WOW Method really works. My wife started reading and especially likes the ‘Sundays Were Special’ book because going to church and Sundays were a big day in our house.”



What's In A Kit?

Sorting games, matching games and puzzles

- Sequenced puzzles
- Object matching
- Concept linking
- Unstructured word-building



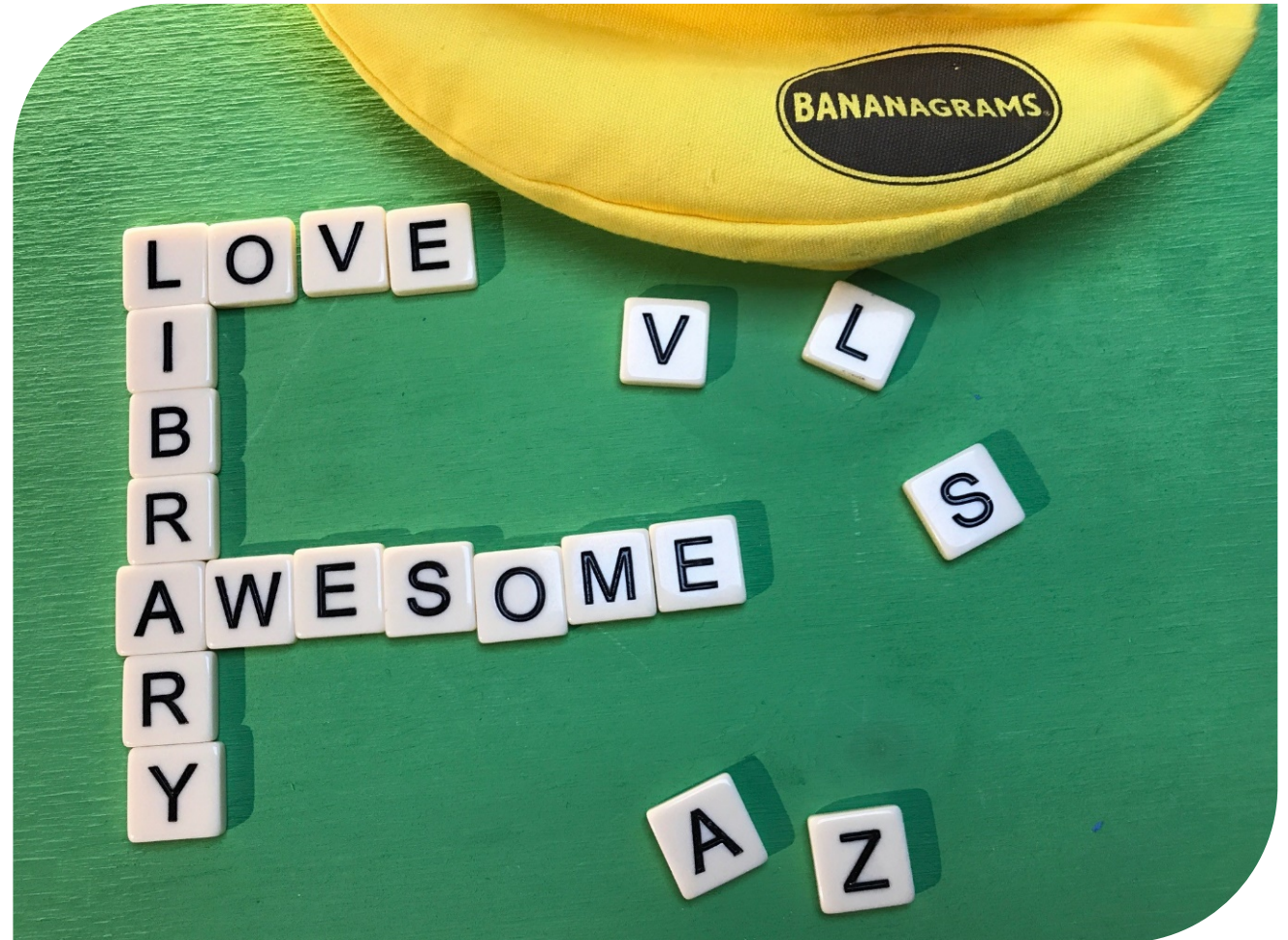
Preparing the environment for success

- Present simple choices
- Present the answer with the question
- Adapt the activity to suit the participant



Customer Impact

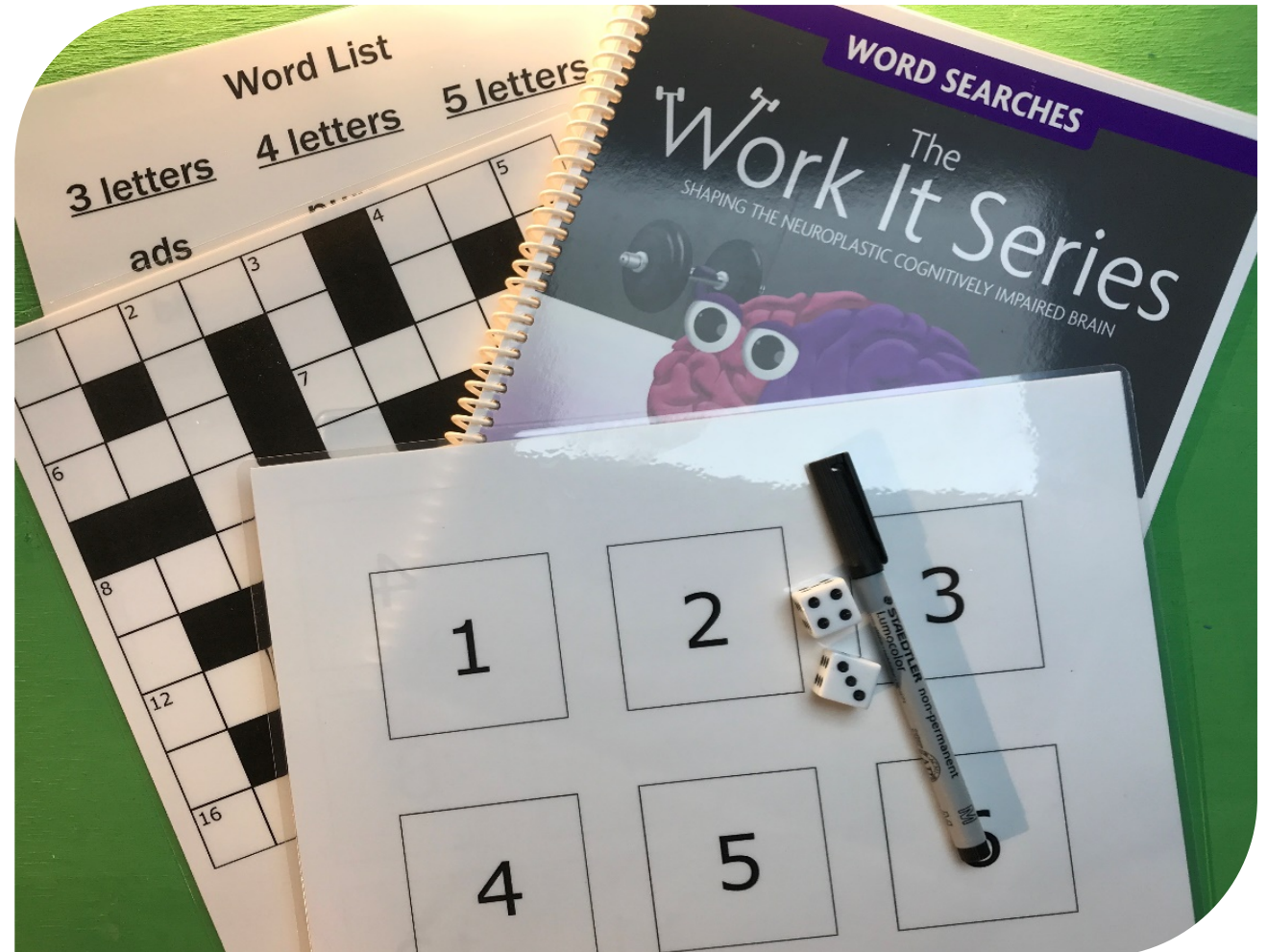
“We are enjoying having the kits to work with very much. It does point out the decline and we are aware that this is happening but practice does help to bring things back and he has mastered what he could not do in the beginning of each box.”



What's In A Kit?

Workbooks, worksheets

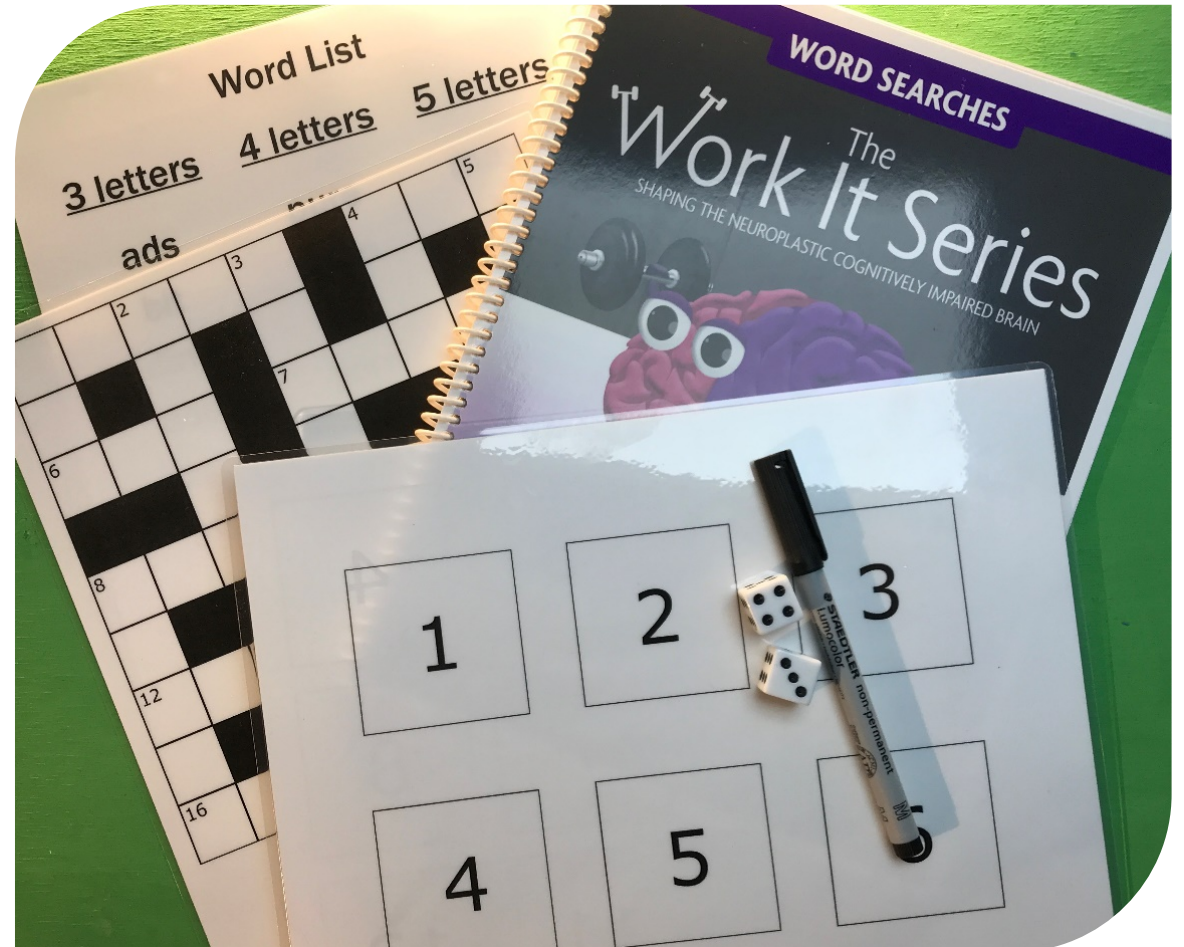
- Crossword puzzles, word searches, Sudoku & more
- Sequenced and adaptable to skill level
- Specially prepared to help find the correct answers



What's the Skill?

Praise the process, not the result

- Present activity as something to work on together
- Present simple choices
- “Thank you for helping me solve this puzzle”
- Any engagement is a success



Customer Impact

“I have enjoyed borrowing the KIT OF TIPS from you, and want to thank you. Especially I am grateful for your taking the time to present the boxed contents so clearly for me, not speaking too quickly. As typically happens with a person (me) diagnosed with MCI, I could have found it impossible to keep up with the information you presented. But I did keep up! Thanks.

I soon found out that there is a plethora of help inside that box, and of course I would have liked to have it back again sometime (or one similar), just because of my memory problem. When I next get an opportunity to speak with my younger son (36) I plan to use the specific technique described in the booklet "FORGETFUL? LET'S TALK."

Memory Cascades and Let's Chat Books

- Start conversations
- Trigger memories
- Encourage social engagement
- Anyone can participate



What's the Skill?

You are the starter button

- Start a sequence of activity
- Be prepared to follow where the conversation leads
- Listening is validating
- Any engagement is a success



school desk

- Did you wear a uniform to school?
- Did you carry a lunchbox when you were in elementary school?
- Did you enjoy your high school years?
- Did you graduate from college?
- Who was the strictest teacher you had in school?
- What games did you play during recess in elementary school?
- What was your favorite subject in school—English, social studies, science, or math?
- Did you know the tradition of giving apples to teachers originated in Denmark in the 16th century?

Customer Impact

“Aphasia to this degree makes the conversation starters a really good idea but it is the toughest part for him to do. Two days ago he said a rather long complete sentence and that always is an event that makes us smile all day.

The kits are a great idea and I am so glad we are doing them. They allow him to build on each little success until he can do each part. Very much appreciated.”

When you were little, did you have a cat or a dog?

When you were a teenager, what did people do on a Saturday night?

When you were in school did you use a ballpoint pen or an ink well?

Did you teach anyone to drive?

Colouring books

- Start a sequence of activity
- Present two choices
- Present the answer with the question
- Praise the process



Can I customize a kit?

Collection Connection

- Dementia-friendly collection
- Coffee table books
- Books that are accessible regardless of ability to read print

Example:
Dementia-friendly books on the BPL website
www.bpl.on.ca



Make Your Own Kit

- Skills learned in training
- Library materials
- Household items
- Topics of interest
- Purpose driven activities



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Characteristics of a good community partner

- Well-known
- Respected
- Accredited
- Not for profit
- No fee for service

Alzheimer *Society*

B R A N T , H A L D I M A N D N O R F O L K ,
H A M I L T O N H A L T O N

What is the Alzheimer Society?

- **National**

- (<http://www.alzheimer.ca/en>)
- Research, literature for local societies

- **Provincial**

- (<http://www.alzheimer.ca/on>)
- Resource information

- **Local (Ontario x 30)**

- Services vary by each society, all will be able to provide education (for FREE), counseling (for FREE) and resources for families (mostly free)



What is the Alzheimer Society

Provide information and support for individuals and families

- ❖ Counselling
- ❖ Education series
- ❖ Health Promotion programs
- ❖ Fund Development
- ❖ Volunteer Opportunities

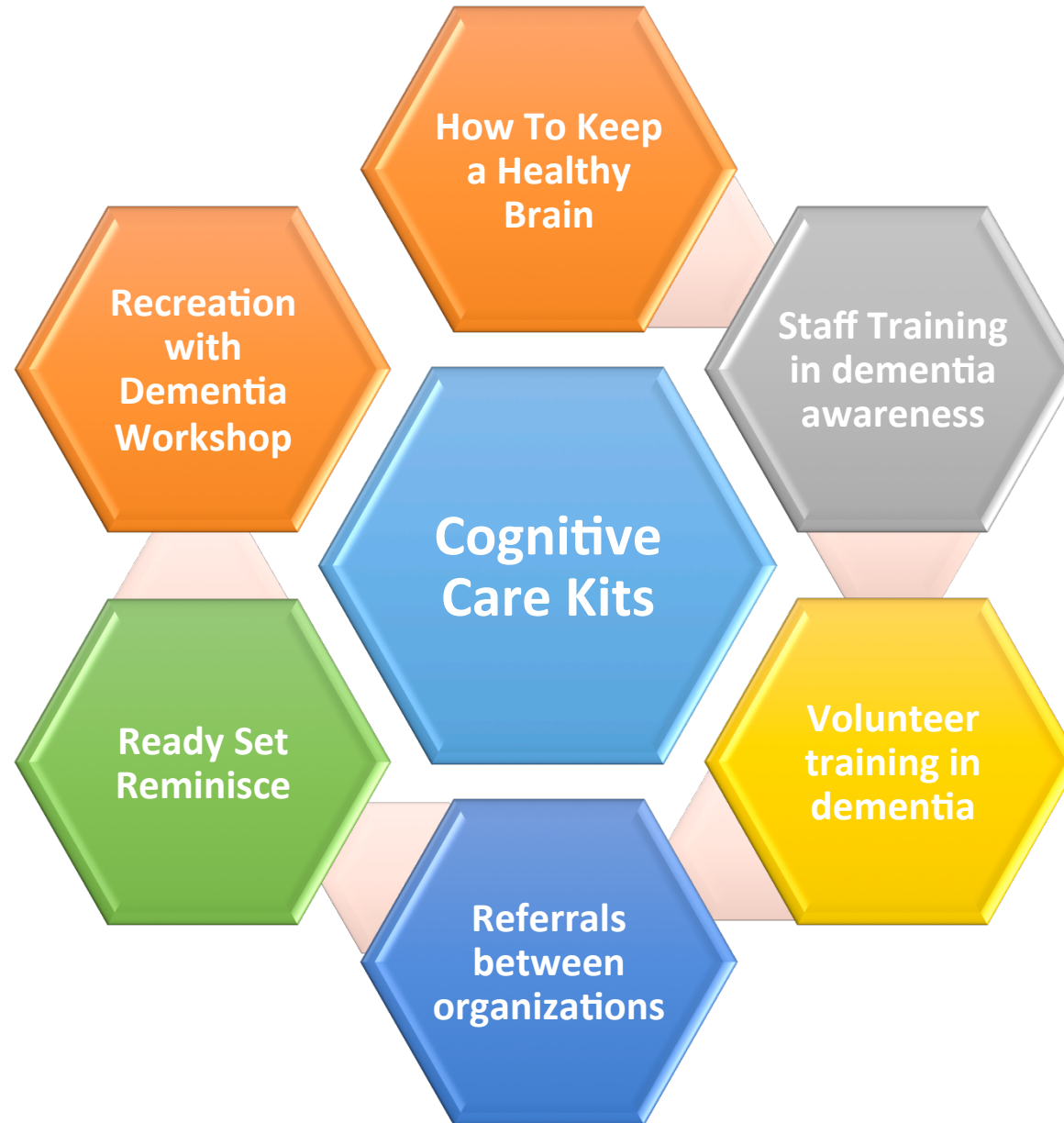


Burlington Public Library: Cognitive Care Kit Program

- Well thought out, well put together
- **Paired with training**
- Staff received professional training
- Only qualified staff provide training



The Results of Collaboration



Collaboration Highlights

Building a
Dementia-Friendly
Ontario Webinar

Staff Training

Expansion of
programs in
Halton Region

Dementia-Friendly
Collection

First non-health
implementation of
DementiAbility
Method

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Be a global thinker, not a linear thinker

Build a dementia-friendly community together

- Form partnerships towards a community goal
- “How can we contribute to make our community dementia-friendly?”
- Find mutual benefits working with for-profits
- Ensure participants are qualified



Create your own program kits

- **INVEST IN THE TRAINING!**
- Preassembled kits from Keeping Busy.com
- Look for funding
- Strategic plan for older adults
- **Keep mandatory training requirement to accompany kits**



How Can I Get Started?

Things you can do for free

- Start a dementia-friendly collection
- Approach Alzheimer Society for Coffee Break program
- Use DementiAbility's Pinterest site for printables and YouTube channel for vintage TV
- Survey your community





Gail Elliot, BAsC, MA, Author, Gerontologist & Dementia Specialist, is the Founder and CEO of DementiAbility Enterprises Inc. She was the Assistant Director, Gilbrea Centre for Studies in Aging, at McMaster University for 17 years and took early retirement in March 2012 to focus on dementia education. Gail's work is being used across Canada and has been implemented globally. DementiAbility Methods and Validation Communication workshops are two of the core courses in the McMaster University Geriatric Certificate Program. Gail works closely with the Occupational Therapists Association of Hong Kong, Montessori Aged Support Services in Australia and with colleagues in the United States.

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