Engagement and activities – some suggested resources

Books
We can, we can, we can: purpose and pleasure for people living with dementia (2012)
Activity must meet our need for meaning and connection, as well as providing an outlet for creativity, spirituality, joy, fun, and relaxation. Every one of us has leisure and recreation preferences. Not all want to sing in a group, join a club or make and create. Some love company, while others prefer time alone. And every person’s experience of life lived with dementia is unique. These infinite variations mean there can be no “one size fits all” approach to activities for purpose and pleasure. This collection of activities respects that diversity, as well as the need for a person-centred approach to activities.

Chocolate rain: 100 ideas for a creative approach to activities in dementia care (2011)
Chocolate Rain is for those working in residential care, day care or at home who seek creative solutions to improving the wellbeing of people living with dementia. It is suitable for those with limited experience, including family members, because the suggestions are practical and focus on what can be achieved; and for more experienced practitioners by offering opportunities to communicate more imaginatively and effectively. Each of these ideas has been successfully applied across a full range of dementia care situations.

Discover how the principles of Montessori education can help people with dementia maintain or improve skills needed in their daily lives. With these 41 step-by-step activities you can enhance the skills used to perform basic tasks.

Dvds
Filling the day with meaning / Teepa L Snow (2011)
Through learning about what makes an activity engaging and valuable, how to create a safe and inviting environment and more with early-onset dementia patients, this DVD helps professional caregivers to provide the best care for people with dementia.

Meaningful activities for people with dementia (2006)
This DVD covers activities for both early and late stage dementia. Some of the activities include doll and pet therapy, gardening and cooking - showing how to incorporate different sensory aspects such as smell and touch. The format includes summaries in point form.

Memory enhanced activities / Jolene Brackey (2005)
We may not be able to give someone their memory back but we can give them an experience that triggers their whole memory on how to do something. They may not understand what you are saying but they are more likely to understand what they see, touch, smell. Learn ways to trigger memories by giving them their "stuff" back.

Web
Relate, motivate, appreciate: a Montessori approach: promoting positive interaction with people with dementia / Dr Eva van der Ploeg (2013)
Dementia resources blog  dementiaresources.org.au
We will update you every 3-4 weeks with a different topic. Some recent posts have been spirituality and dementia, how to design a more dementia-friendly home, younger onset dementia, films and fiction that have a theme of dementia, along with many others. Take a look and if it is of interest to you please sign up for regular posts.

Library catalogue  dementialibrary.org.au
This national catalogue contains information about items held in the Victorian collection along with other states and territories. You can visit online or call the library if you would like to check something.

Dementia Australia Library
100 Riversdale Road
Hawthorn, 3122
T 039815 7800
E vic.library@dementia.org.au
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