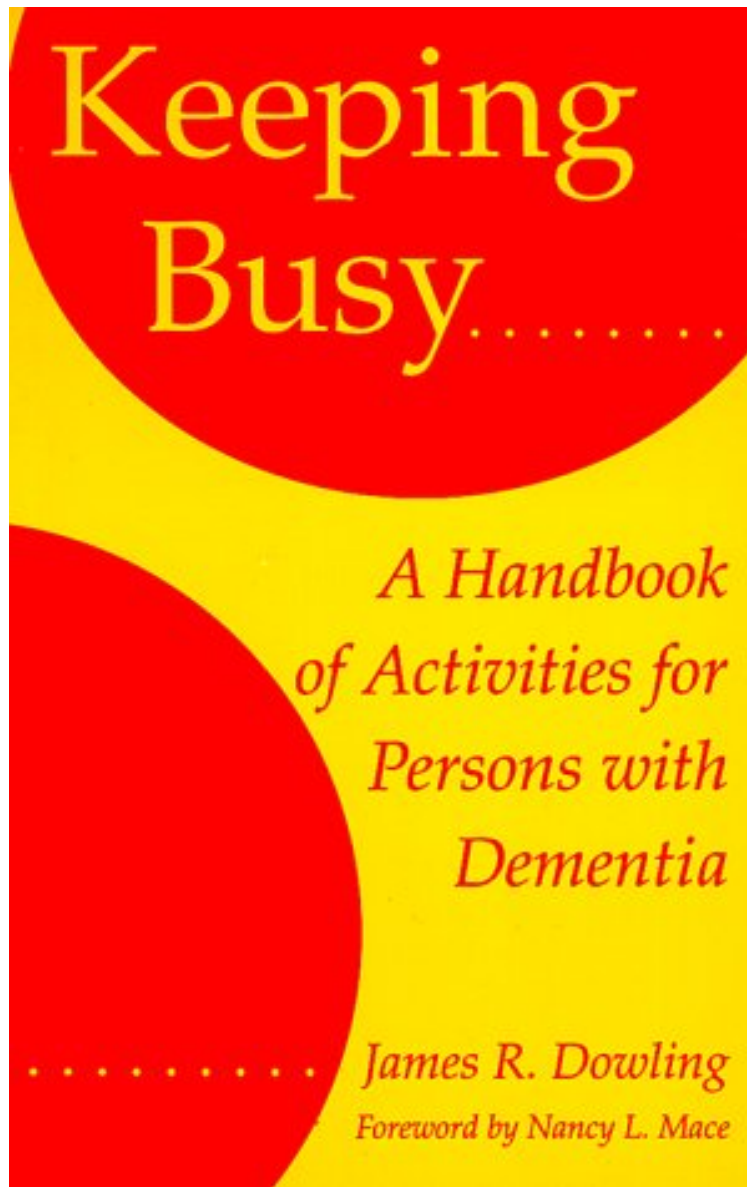


[Download] Keeping Busy: A Handbook of Activities for Persons with Dementia

Keeping Busy: A Handbook of Activities for Persons with Dementia

James R. Dowling

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Although very little can be done to alter the course of dementia, much can be done to maximize the quality of life of people with the condition. Research as well as practical experience suggest that behavior management, especially through programs that provide meaningful and constructive activity, is currently the most effective treatment. In *Keeping Busy*, James Dowling describes a variety of activities designed to bring meaning and enjoyment to the lives of persons with dementia. The activities are organized by general categories such as music, exercise, horticulture, pets, humor, and social events. The largest section deals with communication and includes word games that help people strengthen their remaining verbal skills. The description of each activity includes step-by-step instructions, as well as tips on how to adapt it for small or large groups, for individuals at home or in an organization, or people who are bedridden.

"James Dowling's important goal in *Keeping Busy* is to provide hands-on information for truly therapeutic activities for persons with dementia. He has succeeded brilliantly and made a substantial contribution to the field. Dowling describes a series of activities designed to reduce problem behaviors and give meaning to life. They do not require expensive gadgets, elaborate preparation, or special training. Here is a sound theory, genuine compassion for impaired people, and a wonderful sense of the joy of life." (Nancy Mace, author of *The 36-Hour Day*)"While little can be done for the disease of dementia itself, much can be done to help direct the quality of life of the persons with the disease, and *Keeping Busy* succeeds in providing ideas for improving the quality of life for the Alzheimer patient." (American Journal of Alzheimer's Disease)"Provides detailed information about programming activities and developing an atmosphere that is responsive to patients with dementia. Topics include exercise, horticulture, communication, pets, humor, social events, and music. Each description include the rationale for the activity and some of the trial and error involved in developing the activity. Colorful anecdotes enliven the text and illustrate both successes and limitations." (Connections from the Alzheimer's Disease Education and Referral Center)"A practical, compassionate book that offers a variety of activities for people with dementia that can help improve their quality of life... The books closes with an appendix of 'good catalogs' that offer resources for caregivers of people with cognitive impairments or dementia." (OT Week) "James Dowling's important goal in *Keeping Busy* is to provide hands-on information for truly therapeutic activities for persons with dementia. He has succeeded brilliantly and made a substantial contribution to the field. Dowling describes a series of activities designed to reduce problem behaviors and give meaning to life. They do not require expensive gadgets, elaborate preparation, or special training. Here is a sound theory, genuine compassion for impaired people, and a wonderful sense of the joy of life." -- Nancy Mace, author of *The 36-Hour Day*From the Back CoverIn '*Keeping Busy*', James Dowling describes a variety of activities designed to bring meaning and enjoyment to the lives of persons with dementia.