

Vol 6 no 8
August 2009
ISSN 1743-9620

Activities is our featured topic this month

[Introduction](#)
[Web resources on Activities](#)
[Reading list on Activities](#)

Current Awareness

[News stories on Dementia](#)
[New on the DSDC library bookshelves](#)
[New articles in the DSDC library](#)

Forthcoming event

A palliative approach to dementia care

Date: 15 October 2009
Venue: Iris Murdoch Building
Cost: £135 per delegate

A palliative care approach for people with dementia is from diagnosis to end of life. Palliative care aims to promote a quality of life for people who have a life limiting illness. It can be delivered as the main focus of care by providing pain and symptom relief, spiritual and psychosocial support.

This workshop is aimed at doctors, nurses, social workers, allied health professionals, professionally qualified care home staff and managers, as well as those who commission and inspect services. This is an ideal opportunity to update on the issues and to become aware of best practice initiatives.

All delegates will receive a free copy of our publication *Pain in older people and people with dementia: a practice guide*.

[Download flyer and booking form](#)

In the headlines

Dementia link to 'mid-life ills'
[BBC News Online 3 August 2009](#)

Medical experts have warned that middle-aged people who smoke, have high blood pressure or diabetes massively increase their risk of developing dementia. People under 55 who smoke increase their risk five-fold, and diabetes will more than triple their risk.

Brain experts check suntan nanos
[BBC News Online 24 August 2009](#)

Scientists are to examine a link between some man-made nanoparticles, such as those found in sunscreens, and Alzheimer's disease. They are leading research into whether engineered nanoparticles can induce neurodegenerative disease.

Forthcoming publication

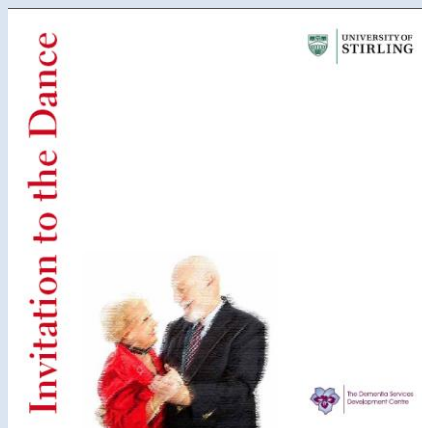
Invitation to the dance

Heather Hill, 2009

Second Edition available to order July 2009. This book provides guidance for anyone who would like to help people with dementia move expressively to music. It gives suggestions for approaches, props and music and provides vivid descriptions of the difference that dance can make to people's wellbeing.

Includes a 6-track CD of music used by the author in her dance therapy sessions with people with dementia.

SKU: 103
Price: £25.00



The Dementia Services
Development Centre



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Activities

Introduction

As human beings, we are naturally sociable and whoever we are, the thing we have in common with each other is that we all like to have things to do, places to go and people to see. This remains true regardless of whether we are young or old, or whether we enjoy full health or cope with an illness or disability on a daily basis.

Activities and the things we do, help us to remain engaged, reinforce our identity and our sense of ourselves, and help us to belong. For people with dementia activities are vital to health and well-being; as essential as food and water. Cheston and Bender (1999) suggest that loss of identity is the single biggest threat to a person with dementia. In view of this, engagement with familiar activities can become a tangible way in which the person with dementia is reminded of what they know, to achieve and to have the opportunity for pleasure, fun and enjoyment; activities make all this possible. For staff, activities can add quality to working life and be an opportunity to work to the better side of ourselves.

Relationships are central to well-being and doing things together helps maintain the interpersonal bonds which make us feel we belong and that we matter to someone else. If we care for someone with dementia it provides the chance to really connect with them in a nourishing, fun and nurturing way. Everything we do becomes a chance to personalise and individualise care; be that through routine personal care tasks, such as grooming or listening to some music, watching the birds, talking about old times, baking something or a million other things you can think of.

There are some important things to remember:

- Know the person well; their preferences and life-story are fundamental to choosing the right activity
- Make sure the activity is acceptable to the person; what ever you do must matter to the person first and foremost
- Don't set someone up to fail; if a familiar activity is now too complex, reduce the number of steps or find a way to simplify it.

Activities are everyone's business; they don't need to be elaborate or extravagant to be meaningful. They add quality to the lives of us all, and are vital to people with dementia. Have fun!

Maria McManus

Associate Director, Dementia Services Development Centre - Northern Ireland Office

Cheston, R & Bender M (1999) 'The Man with the Worried Eyes' Jessica Kingsley Publishers, London

Activities

Web Resources

Activity Provision - Benchmarking good practice in care homes

College of Occupational Therapists

This guidance outlines what constitutes 'good' activity provision within care homes for older people. A benchmark tool is provided to evaluate current practice and promote excellence.

http://www.napa-activities.co.uk/downloads/Activity_Provision1.pdf

Beyond bingo: meaningful activities for persons with dementia in nursing homes

The importance of redesigning nursing homes to better emulate living in one's own home has driven regulation reform for decades.

<http://www.annalsoflongtermcare.com/content/beyond-bingo-meaningful-activities-persons-with-dementia-nursing-homes>

Activities in care homes for people with dementia: factsheet

Engaging in a balance of self-care, work and play activities is essential to our physical and mental well-being and thereby, our quality of life. People with dementia are no exception, but dementia inevitably affects the ability to "do".

http://www.pssru.ac.uk/pdf/MCpdfs/Activities_factsheet.pdf

Designing meaningful activities for the older adult

One of the great challenges in working with cognitively impaired adults is finding meaningful activities that fulfill their day.

<http://cvc3.coastline.edu/modelcvc3courses/elliswaller/lesson7.htm>

Activity booklet for carers: matching activities with the abilities, needs and interests of the person who has Alzheimer's disease

This booklet has been developed to assist carers to match activities with the needs, abilities and interests of the person who has Alzheimer's disease.

<http://www.activitytherapy.com/SAAActivityBooklet.pdf>

Blokes and sheds: meaningful activities for men with dementia in aged care facilities (and the community)

By creating a shed in an aged care facility, meaningful activities can be easily set up and may be as basic as sorting screws, nails, or assembling nuts and bolts or irrigation components.

<http://www.alzheimers.org.au/upload/Sheds.pdf>

Activities as pathways to meaning

The key to structuring activities for older adults, be they at home or in a communal living arrangement, is to build a schedule of meaningful activities that include a range of restful and more active or "up" activities.

http://www.almosthomedoc.org/changing/dementia_activities_essay.cfm

Fun stuff to do with Alzheimer's/dementia residents

This article gives suggestions of various activities for people with dementia and includes some sample activity calendars.

http://www.theactivitydirectoroffice.com/Gina_ActivityIdeasThatWork_Alzheimers.html

Alzheimer's therapeutic activities

Planning structured, individualized activities that involve and interest the person with Alzheimer's may reduce many of their more disturbing behavioural symptoms.

<http://www.alzinfo.org/alzheimers-treatment-therapeutic.asp>

Activities

Topic Reading List

Books

Craig, Claire and Mountain, Gail

Lifestyle matters : an occupational approach to healthy ageing.

Brackley : Speechmark, 2006.

The 'Lifestyle Matters' programme outlines how occupation-based interventions focusing on lifestyle can help to maintain health and well-being in older people. The programme provides a wealth of ideas and activities for occupational therapists, support workers, students and other professionals involved with health promotion and prevention with community living older people. Taking a holistic approach, the programme challenges participants to examine their lifestyle and to make positive changes, which promote good physical and emotional health.

Rothert, Eugene A., Nelson, Kelly and Coakley, Kelley

Health through horticulture : an indoor gardening guide for therapeutic outcomes.

Glencoe : Chicago Botanic Garden, 2009.

This book of activity plans are created for horticultural therapists, healthcare practitioners, teachers, and others committed to helping others enjoy a better, more independent life through involvement with nature and living plants.

Bowden, Anni and Lewthwaite, Nancy

The activity year book : a week by week guide for use in elderly day and residential care.

London ; Philadelphia : Jessica Kingsley Publishers, 2009.

This book features week by week themed activities for the whole year for use in day and residential care.

Agar, Kenneth

How to make your care home fun: simple activities for people of all abilities.

London ; Philadelphia : Jessica Kingsley Publishers, 2009.

This book examines the need for activities for elderly people in care and offers a practical programme of entertaining activities that can be used in nursing and residential homes, day centres, rehabilitation centres and hospices.

Chalfont, Garuth.

Design for nature in dementia care / Garuth Chalfont.

London ; Philadelphia : Jessica Kingsley Publishers, 2008.

Maintaining a connection to nature is increasingly recognised as essential for personal health and well-being. This book demonstrates how people with dementia can benefit from nature through meaningful activity and environmental design.

Pool, Jackie

The Pool Activity Level (PAL) instrument for occupational profiling : a practical resource for carers of people with cognitive impairment / Jackie Pool.

London : Philadelphia : Jessica Kingsley Publishers, 2008.

3rd ed.

The Pool Activity Level (PAL) Instrument has become the framework for activity-based care systems in a variety of health and social care settings for people with cognitive impairments. This book continues to include the Instrument itself and the photocopiable activity checklists and plans that help to match users' abilities with activities. An additional second section provides a selection of potential activities together with sources for obtaining them.

Hurtly, Rosemary and Wenborn, Jennifer.

The successful activity co-ordinator: a learning resource for activity and care staff engaged in developing an active care home.

London: Age Concern England, 2005.

This resource is designed as self-directed learning. It includes:- the role of the activity co-ordinator; effective communication; designing innovative programmes; successful groupwork; intermediate care; themes, approaches and activities; activity and dementia.

Knocker, Sally, Avila, Barbara

Care homes in the heart of the community: final report of the NAPA growing with age project. London: National Association for Providers of Activities for Older People (NAPA), 2005.

This report is intended for a range of audiences including care home and sheltered housing managers and owners, activity organisers, health and social care policy makers and researchers and individuals and community organisations seeking to improve their outreach to and services for older people living in care homes and sheltered housing settings.

Perrin, Tessa (ed)

The good practice guide to therapeutic activities with older people in care settings
Bicester: Speechmark, 2005.

There are many activity manuals on the market today. This publication is the first to offer a clear guideline on exactly what constitutes good practice in activity provision. Written by the National Association for Providers of Activities for Older People (NAPA), a charity whose remit is to set standards and disseminate knowledge of good practice in activity provision and to support activity providers who work in care settings for older people.

Journal articles

Knocker, Sally

The Alzheimer's Society book of activities.

London: Alzheimer's Society, 2002.

Mainly targeted at care workers in day care or residential settings, but includes many activities that relatives and friends or home/respite carers could try out with individuals.

Foster, Bev

Music for life's journey : the capacity of music in dementia care.

Alzheimer's care today. 10(1), January-March 2009, 42-49.

Music is a powerful medium. Its effects can invigorate or calm us, excite and persuade us, and lift our spirits, especially when we are cognitively impaired or facing end of life. It may be that in Alzheimer's disease and related dementias, musical memory is spared.

Fujiwara, Yoshinori

Intellectual activity and likelihood of subsequently improving or maintaining Instrumental Activities of Daily Living functioning in community-dwelling older Japanese : a longitudinal study.

International journal of geriatric psychiatry. 24(6), June 2009, 547-555.

This study aimed to test the a priori hypothesis that increase or maintenance of the cognitive level would be independently associated with a subsequent beneficial impact on instrumental activity of daily living functioning.

Greenland, Penny

Dance : five-minute love affairs.

The journal of dementia care. 17(1), January/February 2009, 30-31.

The author shares lessons learned from many years of enjoying dance and movement with people with dementia - and introduces a new course which brings together this learning.

Kong, Eun-Hi

Nonpharmacological intervention for agitation in dementia : a systematic review and meta-analysis.

Aging & mental health. 13(4), July 2009, 512-520.

The purpose of this study was to systematically review the literature regarding the effectiveness of nonpharmacological interventions for agitation in older adults with dementia.

McMunn, Anne

Participation in socially-productive activities, reciprocity and wellbeing in later life : baseline results in England.

Ageing & society. 29(7), July 2009, 765-782.

This paper examines whether participation in social activities is associated with higher levels of wellbeing among post-retirement age people in England, and, if so, whether these relationships are explained by the reciprocal nature of these activities.

Paillard-Borg, Stephanie

Pattern of participation in leisure activities among older people in relation to their health conditions and contextual factors : a survey in a Swedish urban area.

Ageing & society. 29(7), July 2009, 803-821.

The objective of this study is to describe the pattern of participation in leisure activities in an older population in relation to contextual factors as well as to mental and physical health.

Piercy, Kathleen Walsh

The tailored activity program to reduce behavioural symptoms in individuals with dementia : feasibility, acceptability, and replication potential.

The gerontologist. 49(3), June 2009, 428-439.

The Tailored Activity Program (TAP) is a home-based occupational therapy intervention shown to reduce behavioural symptoms and caregiver burden in a randomised trial. This article describes TAP, its assessments, acceptability, and replication potential.

Torrington, Judith

Extra care housing : environmental design to support activity and meaningful engagement for people with dementia.

Journal of care services management. 3(3), April-June 2009, 250-257.

This opinion piece argues that buildings designed for people with dementia have often been more successful in addressing problems than reflecting aspirations for optimum care and quality of life.

Wylie, Kim

Beatrice : personhood restored through sensory experience.

The journal of dementia care. 17(1), January/February 2009, 28-30.

The author tells how regular, gentle sensory sessions with Beatrice, a care home resident with dementia, drew out vivid responses from a woman thought to be isolated and withdrawn.

Torrington, Judith

Extra care housing : environmental design to support activity and meaningful engagement for people with dementia.

Journal of care services management. 3(3), April-June 2009, 250-257.

This opinion piece argues that buildings designed for people with dementia have often been more successful in addressing problems than reflecting aspirations for optimum care and quality of life.

Heathcote, Julie

Making the most of memories.

The journal of dementia care 16(2), March/April 2008, 8-9

The author highlights the benefits of a reminiscence-based approach to both activities and care for people with dementia, addressing some practical issues and common concerns.

Peri, Kathryn

Does functionally based activity make a difference to health status and mobility? :a randomised controlled trial in residential care facilities (The Promoting Independent Living Study; PILS).

Age and ageing 37(1), January 2008, 57-63

This study aimed to determine whether a repetitive activities of daily living activity program improves health status, life satisfaction and mobility for older people living in residential care.

Vikstrom, Sofia

Engagement in activities : experiences of persons with dementia and their caregiving spouses.

Dementia 7(2), May 2008, 251-270

This study identifies how persons with dementia and their caregiving spouses individually perceive their own, their spouse's and their mutual engagements in everyday activities.

Wenborn, Jennifer

Assessing the validity and reliability of the Pool Activity Level (PAL) Checklist for use with older people with dementia.

Aging & mental health 12(2), March 2008, 202-211

Activity is key to maintaining physical and mental health and well-being. However, as dementia affects the ability to engage in activity, care-givers can find it difficult to provide appropriate activities. The PAL Checklist guides the selection of appropriate, personally meaningful activities. The aim of this study was to assess the reliability and validity of the PAL Checklist when used with older people with dementia.

Does functionally based activity make a difference to health status and mobility? : a randomised controlled trial in residential care facilities (The Promoting Independent Living Study; PILS).

Age and ageing 37(1), January 2008, 57-63

This study aimed to determine whether a repetitive activities of daily living activity program improves health status, life satisfaction and mobility for older people living in residential care.

Kerse, Ngaire et al.

Does functionally based activity make a difference to health status and mobility? : a randomised controlled trial in residential care facilities (The Promoting Independent Living Study; PILS).

Age and ageing 37(1), January 2008, 57-63

This study aimed to determine whether a repetitive activities of daily living activity program improves health status, life satisfaction and mobility for older people living in residential care.

Bettany, Keith

Easier 'shed' than done: providing meaningful activities for men with dementia in aged care facilities.

Signpost. 10(2), October 2005, 25-28.

Article on how aged care facilities where activities are either non-existent or inappropriate for men. Men are unable to leave the order of the home to go to the clutter and disorder of a shed.

Joyce, Chris

Reminiscence as creative therapy.

Quality in Ageing. 6(4), December 2005, 34-41.

This paper describes and evaluates a recent innovative project in Liverpool that brought together the skills and creative vision of a major national museums group in partnership with the Liverpool Housing Action Trust. 'City Memories' created opportunities for older people to take part in reminiscence activities at the museums and in a large extra care housing setting in the community. The project looked at outcomes for older people who participated in terms of increased stimulus and sense of well-being, with a special focus on those with conditions such as stroke and dementia

Current Awareness

Dementia in the News

High blood pressure 'can increase risk of memory problems'

Telegraph.co.uk 25 August 2009

A new study suggests that people with high blood pressure are more likely to develop memory problems in middle age than those who do not have the condition. The research adds to growing evidence of a link between blood pressure and an early stage of dementia or even dementia itself.

Alzheimer's carers awarded £300,000 after NHS refused to pay care costs

Telegraph.co.uk 19 August 2009

Three families looking after relatives with Alzheimer's have been awarded more than £300,000 after the NHS refused to pay for their care costs.

Transplant drug found to prevent cause of Parkinson's

[The Herald \(Glasgow\)](http://TheHerald.com) 17 August 2009

Scientists say that a drug given to transplant patients can protect brain cells from rogue genes that cause Parkinson's disease. Scientists found that the drug blocks the damaging effects of two of the mutant genes known to cause inherited forms of Parkinson's.

Lie-ins could be an early sign of dementia, research suggests

Telegraph.co.uk 12 August 2009

Sleeping late in the mornings or napping in the afternoons doubles the chances of being diagnosed with Alzheimer's disease. Research has found that people aged over 65 who sleep more than eight or nine hours a night may be twice as likely to develop the condition as those getting six to eight hours. Napping during the day may also have the same effect.

Mediterranean-style diet and exercise 'cuts chances of Alzheimer's'

Telegraph.co.uk 11 August 2009

A new study shows that following a Mediterranean-style diet and exercising regularly can cut the chances of developing Alzheimer's by as much as 60 per cent. The researchers believe the latest study is the first of its kind to assess the protective effect of combining a Mediterranean-style diet with exercise.

Men with symmetrical faces likely to remain mentally alert in later life

Telegraph.co.uk 10 August 2009

A study has suggested that the more symmetrical a man's face is, the more likely he is to remain mentally alert in later life. Psychologists found that men with higher levels of facial symmetry – having faces with matching left and right sides – were less prone to mental decline between the ages of 79 and 83.

Carers funds 'lost in the system'

[BBC News Online](http://BBC.com) 7 August 2009

Charities say millions of pounds set aside to provide short term breaks for carers is not getting through to those who need it most. They say many health trusts do not even know whether they have received the money, while others are spending it on other priorities.

People 'get happier as they age'

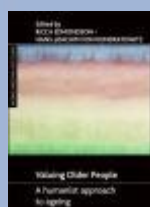
[BBC News Online](http://BBC.com) 7 August 2009

Most people get happier as they grow older, studies on people aged up to their mid-90s suggest. Psychologists found that older adults generally make the best of the time they have left and have learned to avoid situations that make them feel sad or stressed.

New on the library bookshelves



Speaking to power : advocacy for health and social care / David Donnison.
Bristol, UK ; Portland, OR : Policy Press, 2009.
This book discusses the role advocacy plays in service provision in Scotland.



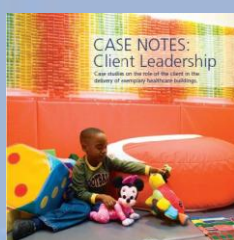
Valuing older people : a humanist approach to ageing / edited by Ricca Edmondson and Hans-Joachim von Kondratowitz.
Bristol : Policy Press, 2009.
This book interprets ageing as a process of creating meaning, carried out by older people but significant for those around them, and influenced by the norms and values of their societies as well as their political and economic structures.



Designing for older adults : principles and creative human factors approaches / Arthur D. Fisk ... [et al.].
2nd ed.
Boca Raton : CRC Press, c2009.
This book provides a practical introduction to human factors and older adults. This book is aimed at professionals working to develop systems and environments to accommodate the needs of older adults.



Enriched care planning for people with dementia : a good practice guide for delivering person-centred care / Hazel May and Paul Edwards.
London ; Philadelphia : Jessica Kingsley Publishers, 2009.
This guide emphasises the importance of an individualised and inclusive approach in dementia care and offers steps for improving the quality of physical, social and psychological support for the person through their day to day experiences of living with dementia.



Case notes : client leadership. Case studies on the role of the client in the delivery of exemplary healthcare buildings.
Edinburgh : Architecture and Design Scotland, 2009.
Good places are the result of an evolutionary process whereby design is used to interrogate and develop our understanding of our needs and to imagine a form to house and support them. This publication is intended to inspire and inform client teams.
<http://www.ads.org.uk/documents/564/564.pdf>

Current Awareness New Library Stock

Ageism – attitudes/policy

Bytheway, Bill

Writing about age, birthdays and the passage of time.

Ageing & society 29(6), August 2009, 883-901

The aim of this paper is to present longitudinal evidence about the personal and social significance of birthdays in adult life and, in particular, how birthdays contribute to a sense of ageing.

Alzheimer's disease

Melrose, Rebecca J. [et al.]

The neural correlates of naming and fluency deficits in Alzheimer's disease : an FDG-PET study.

International journal of geriatric psychiatry 24(8), August 2009, 885-893

This study aimed to examine the neural processes associated with language deficits in Alzheimer's disease, and in particular to elucidate the correlates of confrontation naming and word retrieval impairments.

Care planning

Meller, Anne E. and Caplan, Gideon A.

Let someone else decide? : development of an advance care planning service for nursing home residents with advanced dementia.

Dementia 8(3), August 2009, 391-405

This paper outlines the development of an advance care planning service for nursing home residents with dementia and their families. The service aims to allow treatment options for residents, who have lost decision-making ability, to be considered in advance of any further episodes of illness.

Carers

Ablitt, Astri, Jones, Gregory V. and Muers, Jane

Living with dementia : a systematic review of the influence of relationship factors.

Ageing & mental health 13(4), July 2009, 497-511

The authors reviewed peer-reviewed publications on the influence of relationship factors in dementia caregiving.

Farran, Carol J.

Developing a measurement strategy for assessing family caregiver skills : conceptual issues.

Alzheimer's care today 10(3), July-September 2009, 129-139

This article presents a conceptual approach to assessing skills of family caregivers for persons with Alzheimer's disease and recommends next steps for the development of this science.

Lam, Lawrence

The use of information technology and mental health among older care-givers in Australia.

Ageing & mental health 13(4), July 2009, 557-562

This study examined the relationship between the use of the internet and the mental health status of older caregivers in Australia.

Mason, Bernadette J.

Telephone interventions for family caregivers of patients with dementia : what are best nursing practices?

Alzheimer's care today 10(3), July-September 2009, 172-178

This article reviews the literature on telephone support interventions for family caregivers of people with dementia and describes evidence-based holistic nursing practices within Watson's theory of human caring, which focuses on transpersonal caring relationships.

Strawbridge, William Joseph [et al.]

The influence of spouse lower cognitive function on partner health and well-being among community-dwelling older couples : moderating roles of gender and marital problems.

Aging & mental health 13(4), July 2009, 530-536

This study aimed to analyse longitudinal relationships between older spouses' lower cognitive function and the health and well-being of their partners five years later and to assess the moderating roles of gender and marital problems.

Challenging behaviour

Murayama, N.

Risk factors for delusion of theft in patients with Alzheimer's disease showing mild dementia in Japan.

Aging & mental health 13(4), July 2009, 563-568

In Japan, delusion of theft is the most frequent delusion in people with Alzheimer's disease (AD). The authors examined the risk factors for delusion of theft in people with AD showing mild dementia.

Speziale, Jennifer [et al.]

Moving forward : evaluating a curriculum for managing responsive behaviours in a geriatric psychiatry inpatient population.

The gerontologist 49(4), August 2009, 570-576

The Gentle Persuasive Approaches curriculum emphasises that an individual's unique personal history has a direct application to the interpretation of and response to their behaviour.

Depression

Dotson, Vonetta M.

Longitudinal study of chronic depressive symptoms and regional cerebral blood flow in older men and women.

International journal of geriatric psychiatry 24(8), August 2009, 809-819

This study investigated cross-sectional and longitudinal relationships between regional cerebral blood flow and subthreshold depressive symptoms in older men and women.

Forester, Brent P. [et al.]

Phosphorus Magnetic Resonance Spectroscopy study of tissue specific changes in high energy phosphates before and after sertraline treatment of geriatric depression.

International journal of geriatric psychiatry 24(8), August 2009, 788-797

The authors investigated tissue specific differences in markers of energy metabolism in older adults compared with healthy controls, before and after a 12-week treatment trial of sertraline.

Harper, James M. and Sandberg, Jonathan G.

Depression and communication processes in late life marriages.

Aging & mental health 13(4), July 2009, 546-556

The purpose of this study was to determine whether depression in one or both spouses and poor affective and problem solving communication occur together.

McDonnall, Michele Capella

Risk factors for depression among older adults with dual sensory loss.

Aging & mental health 13(4), July 2009, 569-576

The purpose of this study was to identify risk factors associated with depression among older adults with dual sensory loss, evaluating variables typically associated with depression in an elderly population and variables related to sensory loss.

Smith, Gwenn S. [et al.]

The functional neuroanatomy of geriatric depression.

International journal of geriatric psychiatry 24(8), August 2009, 798-808

The evaluation of cerebral glucose metabolism in late life depression may have implications for understanding treatment response variability, as well as evaluating the neurobiological basis of depression in late life as a risk factor for dementia.

Design

Jenks, Katy-Lee

User-friendly changes.

The journal of dementia care 17(4), July/August 2009, 11

The author explains how simple environmental changes at a care home have led to improvements across many areas, including reductions in falls and weight loss.

Utton, Damian

The design of housing for people with dementia.

Journal of care services management 3(4), July-September 2009, 380-390

This paper looks at how the principles of designing for people with dementia have been successfully applied to care homes and extra care housing.

Drama therapy

Benson, Sue

Ladder to the Moon : interactive theatre in care settings.

The journal of dementia care 17(4), July/August 2009, 20-23

Ladder to the Moon's approach to drama and activity aims to bring fun, laughter, enhanced relationships and a strengthened sense of community to care homes and day centres.

Drug treatment

Thompson, Amanda and Jesson, Barbara

Medicines and people with dementia : 6. Cultural and religious considerations.

The journal of dementia care 17(4), July/August 2009, 16, 18

Religious beliefs and cultural norms can determine what medicines are acceptable to individuals and the circumstances in which these should or should not be taken. The authors offer some considerations for prescribing and administering medicines.

End of life care

Bainbridge, Daryl [et al.]

Stress processes in caring for an end-of-life family member : application of a theoretical model.

Aging & mental health 13(4), July 2009, 537-545

This study examined a wide range of theory-driven variables contributing to family caregiver stress.

Evans, Gillie

Improving end of life care for the person with dementia : a practical approach from general practice.

Dementia 8(3), August 2009, 363-376

This paper describes a practical approach taken by a GP to making a difference for people with dementia in care homes, especially at the end of life.

Fawcitt, Shelly

End of life care of a patient : a case study.

British journal of healthcare assistants 3(8), August 2009, 406-407

This article covers a patient's last 48 hours of life including a case study and management of all symptoms expected during the terminal phase.

Shega, Joe and Tozer, Carla

Improving the care of people with dementia at the end of life : the role of hospice and the US experience.

Dementia 8(3), August 2009, 377-389

The number of persons diagnosed with and dying from dementia continues to climb.

Research corroborates that persons dying from dementia receive poor end of life care.

Food and nutrition

Ramme, Bernadette and Smith, Julie

Improving mealtimes.

The journal of dementia care 17(4), July/August 2009, 10

The authors explain how a team effort produced positive results at mealtimes for people on a long-term ward.

Wainwright, Liz

A new dining experience.

The journal of dementia care 17(4), July/August 2009, 12

The author shares the experience of introducing protected mealtimes in four Kirklees Council care homes.

Needs assessment

Batsch, Nicole L.

An assessment of needs for serving individuals diagnosed with Alzheimer's disease and related dementias in the early stages.

Alzheimer's care today 10(3), July-September 2009, 140-155

This article describes a needs assessment process conducted with 20 individuals diagnosed in the early stages of dementia and 19 family members.

Nonpharmacological interventions

Kong, Eun-Hi, Evans, Lois K. and Guevara, James P.

Nonpharmacological intervention for agitation in dementia : a systematic review and meta-analysis.

Aging & mental health 13(4), July 2009, 512-520

The purpose of this study was to systematically review the literature regarding the effectiveness of nonpharmacological interventions for agitation in older adults with dementia.

Older people – health and care

Baker, Lucie and Gringart, Eyal

Body image and self-esteem in older adulthood.

Ageing & society 29(6), August 2009, 977-995

This study investigated several body-image variables and their relationship to self-esteem in a sample of men and women aged 65-85 years.

Faragher, Richard G.A.

What could advances in the biology of ageing mean for the quality of later life?

Quality in ageing 10(2), June 2009, 30-37

Studies of the ageing process in plants and animals have seen exceptional progress in understanding both why and how ageing changes occur. This article reviews advances made possible by this, speculates on their potential impact and identifies current barriers to future progress.

Nasvadi, Glenyth Caragata

Do restricted driver's licences lower crash risk among older drivers? : a survival analysis of insurance data from British Columbia.

The gerontologist 49(4), August 2009, 474-484

The primary purpose of this study was to determine whether restricted driver's licences are successful at mitigating number of crashes per year and whether they can extend the period of crash-free driving for aging adults.

Perry, Daniel P.

In the balance : silver tsunami or longevity dividend?

Quality in ageing 10(2), June 2009, 15-22

Nations are experiencing an unprecedented rise in people living into their 80s, 90s, and even longer. Many national leaders view with alarm a possible tidal wave or chronic age-related disease and disability.

Robine, Jean-Marie, Saito, Yasuhiko and Jagger, Carol

The relationship between longevity and healthy life expectancy.

Quality in ageing 10(2), June 2009, 5-14

What is the relationship between longevity and health? Are we living longer because we are in better health? Are we living longer in good health? Or are we merely surviving longer whatever our health status?

Person-centred care

Geboy, Lyn

Linking person-centred care and activity programming.

Alzheimer's care today 10(3), July-September 2009, 156-171

This study assessed whether and how the activity programming at an adult and dementia day centre has changed since the organisation began a transition in late 2002 from a mixed medical/social model of care to a person-centred model of care.

Policy

Smith, Jef

The truth absent from dementia strategy.

Professional social work July 2009, 19

The author suggests that the government's National Dementia Strategy focuses too much on living positively with the condition and lacks substance when it comes to the cold truth about caring for those in the later stages of the disease.

Rating scales

Wolak, Aurore [et al.]

Transcultural adaptation and psychometric validation of a French-language version of the QoL-AD.

Aging & mental health 13(4), July 2009, 593-600

The aim of this study was to assess the psychometric properties and the transcultural adaptation into French of the quality-of-life in Alzheimer's disease (QoL-AD).

Research

Schnelle, John F. [et al.]

Resident choice and the survey process : the need for standardised observation and transparency.

The gerontologist 49(4), August 2009, 517-524

This study aimed to describe a standardised observation protocol to determine if nursing home staff offer choice to residents during 3 activities of daily living and compare the observational data with deficiency statements cited by state survey staff.

Teodorczuk, Andrew [et al.]

The learning needs of general hospital clinical staff : preliminary results.

The journal of dementia care 17(4), July/August 2009, 37-39

Addressing the need to develop a well-informed and effective workforce in general hospitals, the authors are conducting a programme of research aiming to identify dementia education and training deficiencies. Here they report on a preliminary study which revealed a range of carer and professional perspectives.

Residential care

Baker, Caroline

Introducing PEARL : rewarding good practice in dementia care.

The journal of dementia care 17(4), July/August 2009, 31-33

The author introduces PEARL: an accreditation scheme intended to promote positive practice across Four Seasons Health Care dementia care homes in the UK.

Carder, Paula C., Zimmerman, Sheryl and Schumacher, John G.

Understanding the intersection of individual needs and choices with organisational practices : the case of medication management in assisted living.

The gerontologist 49(4), August 2009, 463-473

This study examines the relationship between choice and need in the context of practices, using medication administration practice as the case in point.

Cook, Glenda and Stanley, David

Quality of life in care homes : messages from the voices of older people.

Journal of care services management 3(4), July-September 2009, 391-407

This paper draws on the findings of a study that aimed to explore how eight older people, living in four English care homes, experienced daily life and the factors that influenced and shaped their experience.

Sensory impairment

Swann, Julie

Understanding vision part 2 : coping with complications.

British journal of healthcare assistants 3(8), August 2009, 375-378

This article outlines how healthcare staff can help to assess the impact of visual impairment on patients. It also describes some of the present range of assistive equipment and how patients can obtain additional information and help.

Callanan, Charlie

Far-sighted eye care.

Nursing standard 23(50), August 19-25 2009, 25

Social and healthcare professionals are collaborating to reduce preventable loss of vision.

Training/education

Thompson, Rachel, Hope, Kevin and Pulsford, Dave

More training, yes, but don't forget education.

The journal of dementia care 17(4), July/August 2009, 26-30

The authors examine the role of higher education in improving dementia care, and present a curriculum for dementia education for professionals.

Types of dementia

Rami, Lorena [et al.]

Voxel based morphometry features and follow-up of amnesic patients at high risk for Alzheimer's disease conversion.

International journal of geriatric psychiatry 24(8), August 2009, 875-884

This study compared regional grey matter density in prodromal Alzheimer's disease (Prd-AD), amnesic mild cognitive impairment, mild Alzheimer's disease (AD) patients and healthy controls, to study their clinical and neuropsychological evolution and to evaluate the accuracy of proposed Prd-AD criteria to detect AD conversion.

Rodda, Joanne E. [et al.]

Subjective cognitive impairment : increased prefrontal cortex activation compared to controls during an encoding task.

International journal of geriatric psychiatry 24(8), August 2009, 865-874

Subjective cognitive impairment (SCI) has been proposed as a clinical stage preceding mild cognitive impairment (MCI) in the clinical continuum of Alzheimer's disease (AD). Memory-related brain activation differences have been reported in MCI and in cognitively normal individuals at risk of AD. The authors aimed to determine whether similar differences are present in people with SCI.

Vascular dementia

Price, Rachel and Keady, John

Introducing the 4ME cue card for vascular dementia.

The journal of dementia care 17(4), July/August 2009, 24-26

The authors introduce a practical resource to help people with vascular dementia manage health and lifestyle risk factors.

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