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Say "Yes" to Memory Kits



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We will cover:

- Our Community
- What are Memory Kits?
- Why Memory Kits?
- What Went in Our Kits
- Marketing & Funding
- Related Programming
- Results
- Resources



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Clarinda

- Population 5300
- 18.7% aged 65+
- 3 elder care facilities

Our Library

- Located in Page County
- Size E
- New Building in 2004
- 2 Full-time & 8 Part-time staff






What is a Memory Kit?

- A set of items that helps the caregiver create connections and conversations with a person that has Alzheimer's or other forms of dementia
- These same items stimulate memories and brain function as well as calm the person with dementia



Why Memory Kits?

The Numbers in Iowa

	<div>Those 65+ with Alzheimer's</div> <div>In 2020 66,000</div> <div>In 2025 73,000</div>	<div>alzheimer's  association®</div> <div>800.272.3900 alz.org®</div>	<div>For more information,</div> <div>view the 2021</div> <div>Alzheimer's Disease</div> <div>Facts and Figures report</div> <div>at alz.org/facts.</div>
	<div>Number of Caregivers</div> <div>73,000</div>	<div>60,000,000</div> <div>Total Hours of</div> <div>Unpaid Care</div>	<div>% of Caregivers With Depression</div> <div>28.7%</div>



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My Mom

Verdeen Knox

1940-2017



MEternally

<https://meternally.com>

- Premade Reminiscence Kits for libraries
- DVD & Photo Activity Cards
- \$60-\$75 depending on package

Create Your Own

Communicated with Carol Jackson, Library Manager of the Shoreview Branch of the Ramsey County Library in Minnesota.



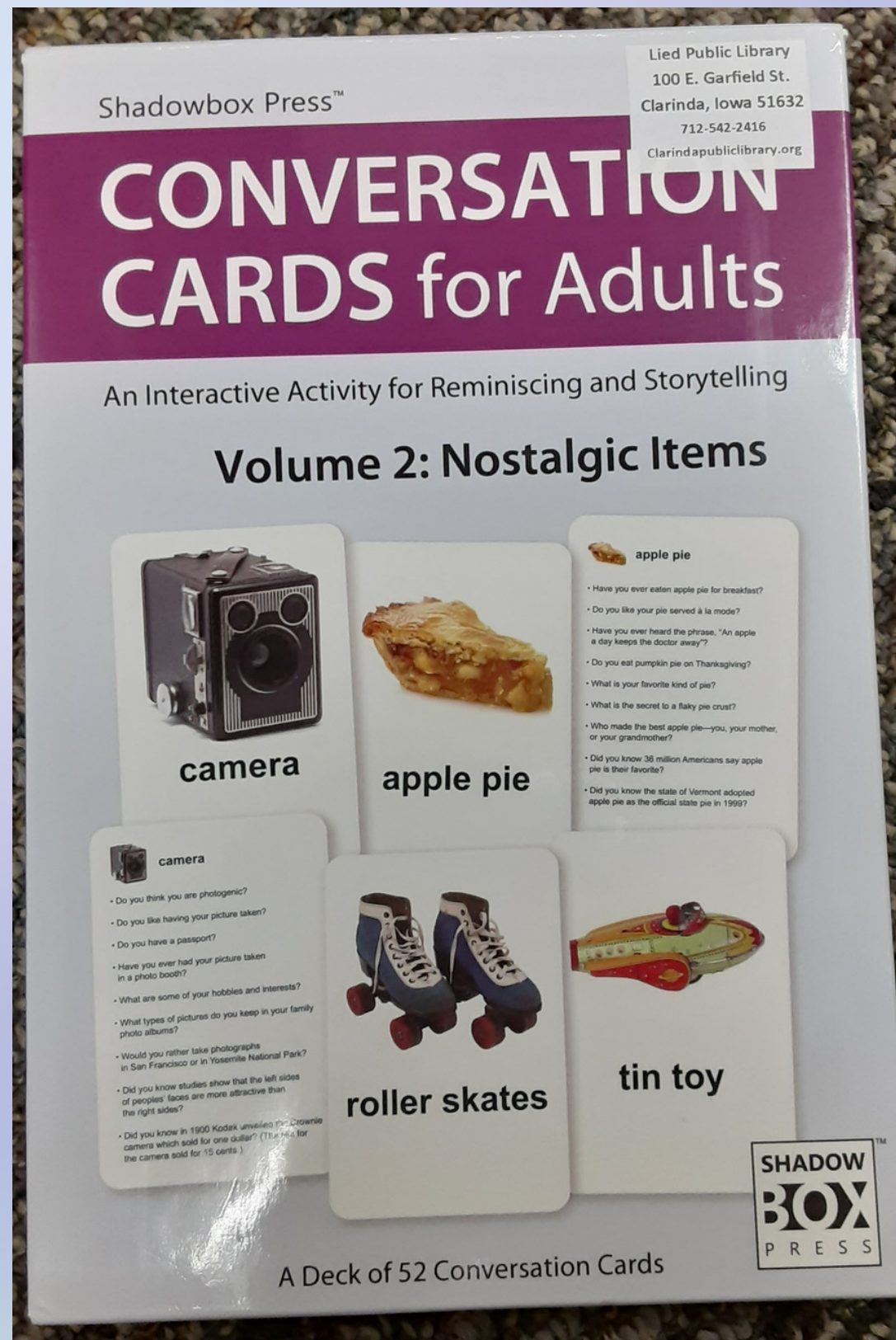


Books

Look for:

- Large print and simple text
- Engaging photos, not childish
- Interesting story or information
- Engaging conversation starters or activities
- Shadow Box Press

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Conversation Cards

Look for:

- From Shadowbox Press
- Designed to encourage reminiscing and conversation
- 3 sets





autumn leaf



autumn leaf

- Do you enjoy the fall colors?
- Do you like cool autumn days?
- Have you ever jumped into a big pile of raked leaves?
- Do you like the sound of leaves crunching under your feet?
- What do you like best about fall?
- Where is a good place to see the leaves change color?
- Which season do you like best—winter, spring, summer, or fall?
- Did you know leaves change color on trees as the trees go dormant for the winter?
- Did you know autumn is more commonly known as “fall” because the leaves fall off the trees during this season?





Music

Look for:

- Alzheimer's Music Connect
- CD and book sets-MindStart
- Sing Along With Susie Q
DVD's on Amazon

Activity Levels



www.mind-start.com

Early Stages
High Activity Level

Middle Stages
Middle Activity Level

Late Stages
Low Activity Level

- Dresses self with occasional errors, needs help with details
- Understands goal of a task, uses what is seen as cues
- Needs periodic cuing

- Dresses with help for the basic steps & details
- Doesn't understand task goal but some awareness of task steps
- Needs step by step cuing

- Needs physical help with all dressing steps
- Doesn't understand the purpose or task steps
- Caregiver physically assists, hand over hand



Activities By Level



www.mind-start.com

Early Stages High Activity Level

- Simple games, books, and activities
- 63 and 24 piece puzzles
 - Numbers and Suits game
 - Finishing the Lines books
 - Easy Word Searches
 - Create a Memory Book

Middle Stages Middle Activity Level

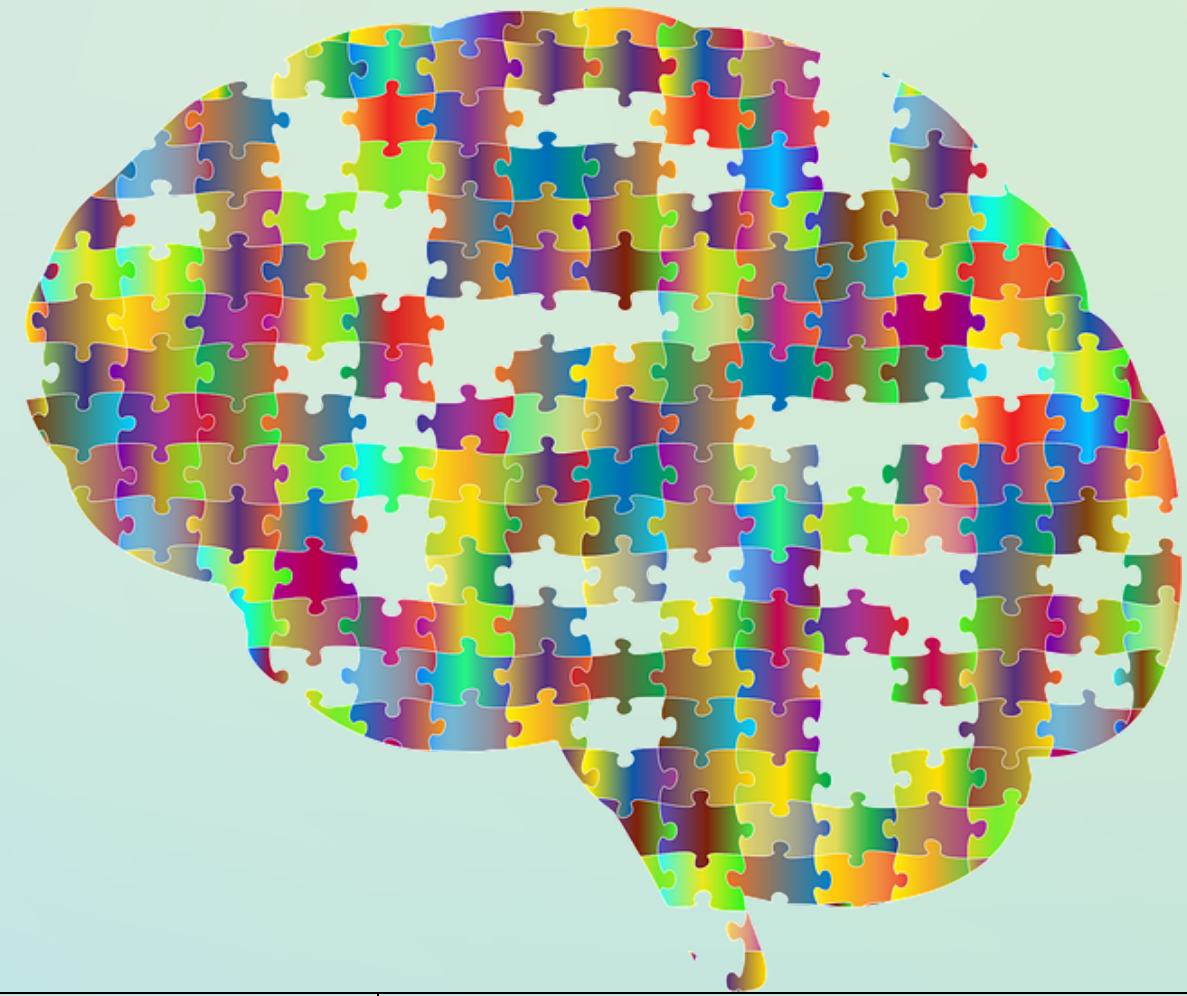
- Match, sort, 1-step tasks
- 24and 12 piece puzzles
 - Rainbow Bingo
 - Finishing the Lines
 - Match the Shapes Game
 - Create a Memory Book

Late Stages Low Activity Level

- Repetitive and sensory experiences
- Look and lace cards
 - Memory book if already created



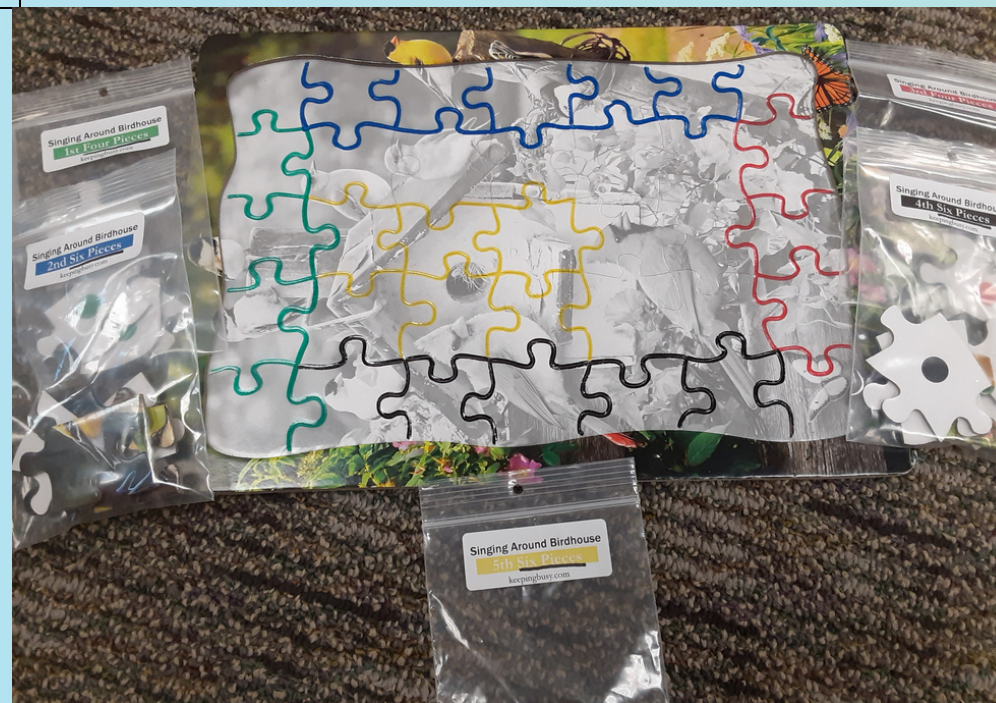
A Note on Puzzles



Early Stages
High Activity Level

Middle Stages
Middle Activity Level

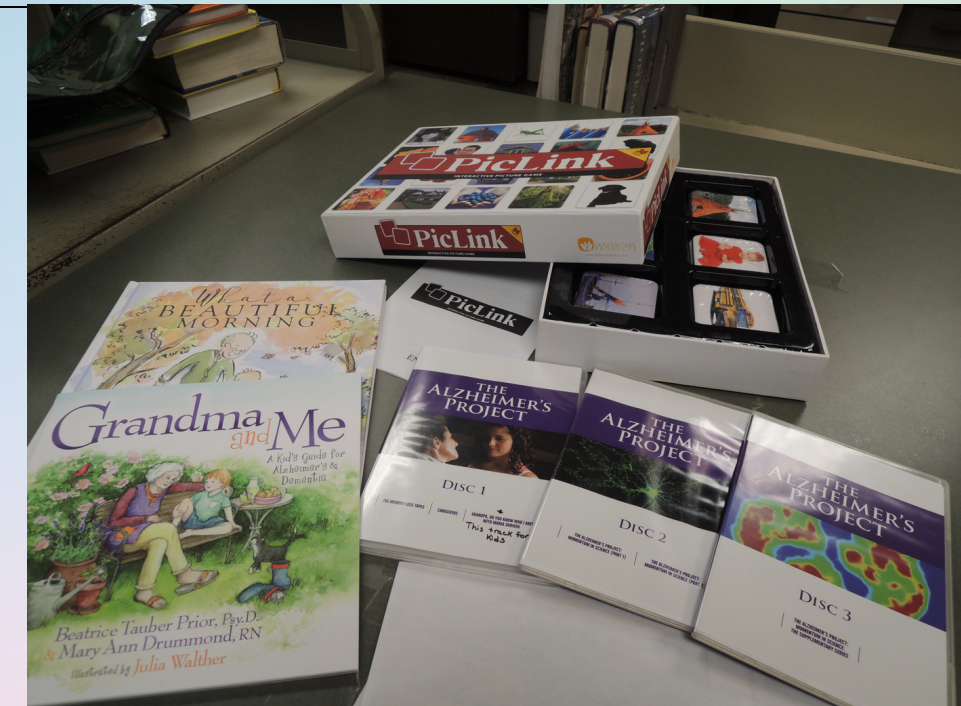
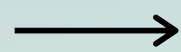
Late Stages
Low Activity Level





Twiddle Kit

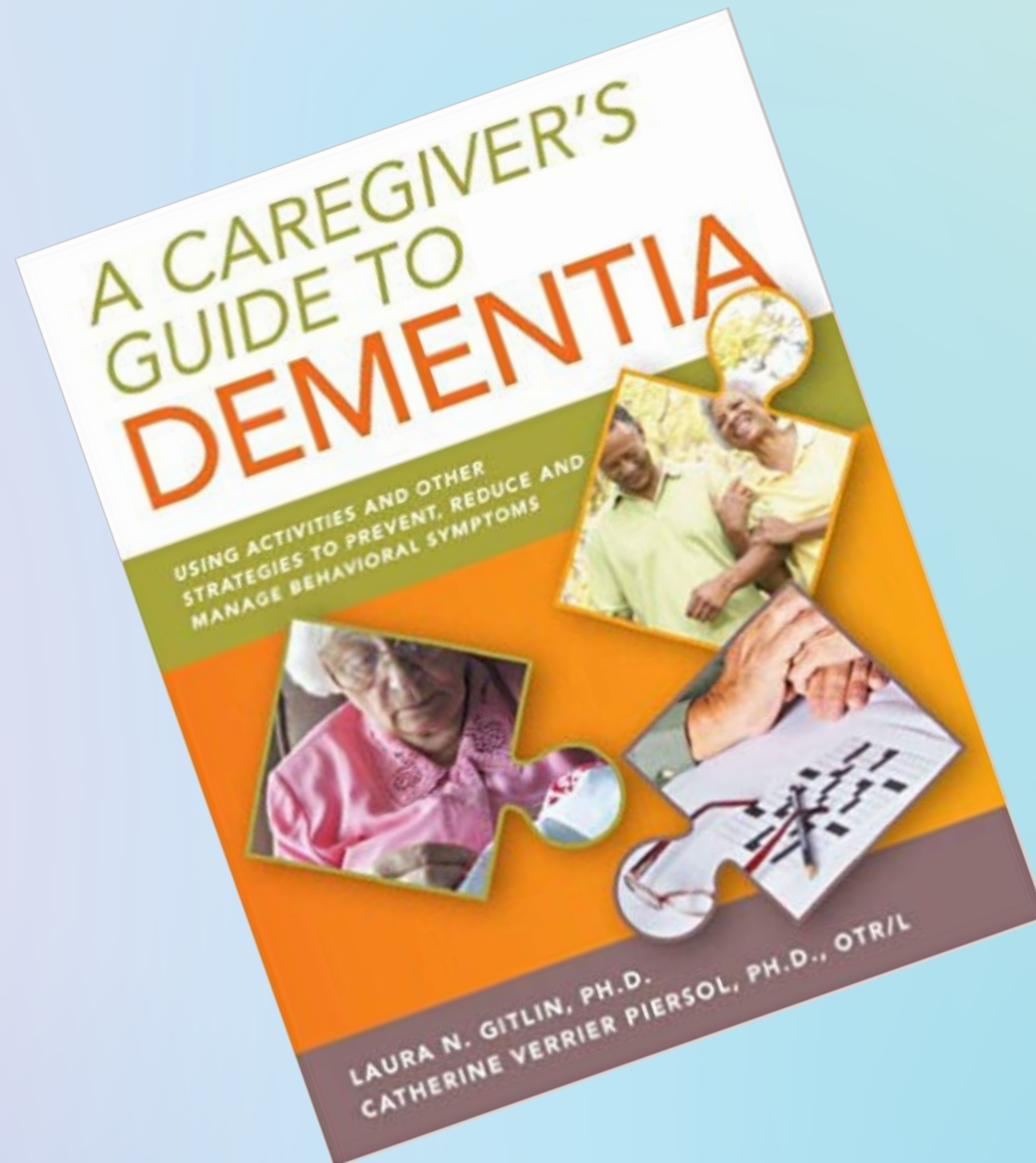
- We got our from Amazon
- sensory therapy tool used to reduce stress and increase brain function in elderly patients living with Alzheimer's and other dementias.



Kids Kit

- *Grandma and Me* by Beatrice Tauber Prior, Psy.D.
- *What a Beautiful Morning* by Aurthur A. Levine
- *DVD 3-Disc Set: The Alzheimer's Project*
- *PicLink Interactive Picture Game*

Other Items



A Caregiver's Guide to Dementia by Laura Gitlin

Making the Most of Memories

Directions and ideas sheet for creating a memory book

Staying Active with Dementia-10 Tips for Caregivers

Request from MindStart



Marketing

- We created brochures to place in nursing homes, hospital waiting rooms, home health agencies, doctor offices.
- We visited nursing home activity directors to show them the kits and checked one out to them
- Shared with our county coalition
- Media Posts, radio station spot, newspaper article



Funding



- We spent approximately \$1000 and created 11 kits.
- Grants, library or city foundations, Friends groups
- Local dementia groups, nursing homes, home health agencies, or doctors might partner with you.



Related Programming

- We partnered with the Council Bluffs chapter of the National Alzheimer's Association to present their "Effective Communication Strategies" program.
- Hospice 101 program with Care Initiatives
- Homebound and Nursing home delivery
- Our Bite-Sized Book Club will be reading and discussing *Successful Aging* by Daniel J. Levitin



Patron Response



Resources

Alzheimer's Association www.alz.org

Alzheimer's Music Connect <https://teepasnow.com/product-category/music/>

The Alzheimer's Store www.alzstore.com

DEMCO www.demco.com

Keeping Busy www.keepingbusy.com

Mind Start www.mind-start.com

Shadow Box Press www.shadowboxpress.com



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