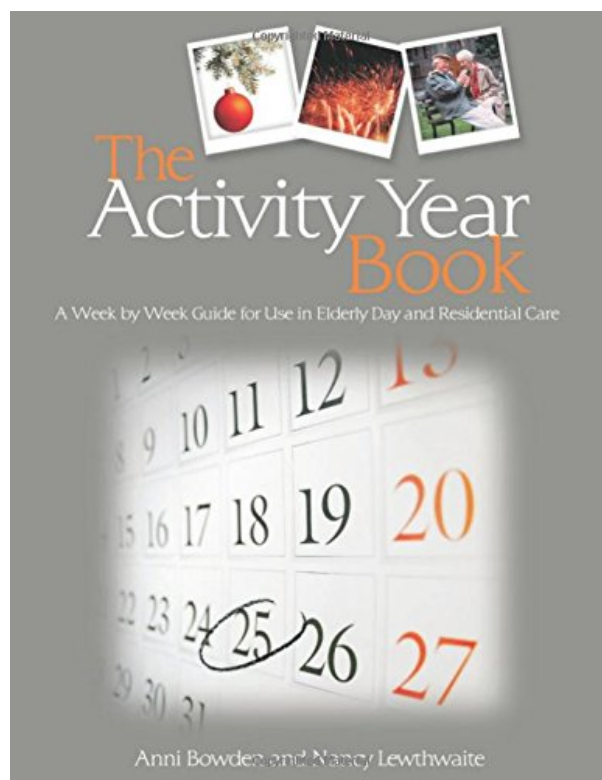
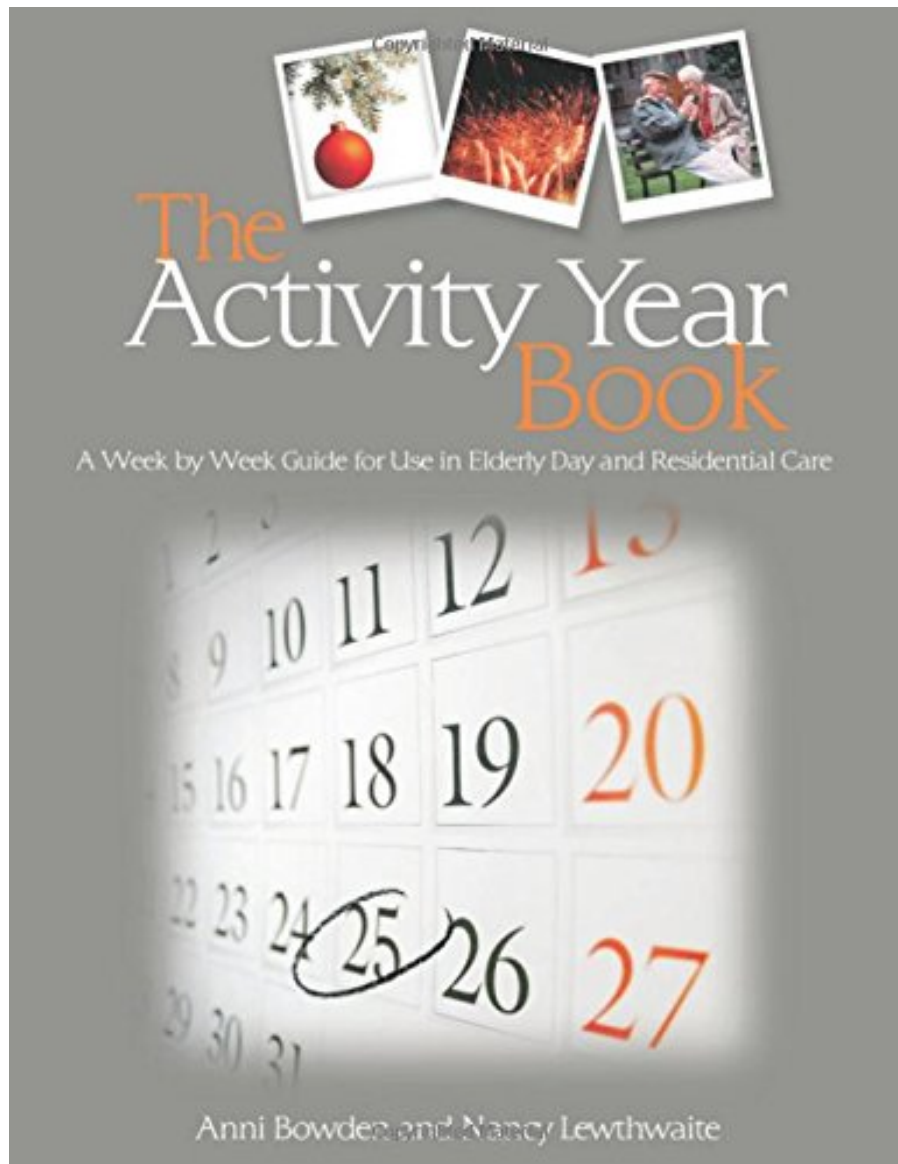


THE ACTIVITY YEAR BOOK: A WEEK



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... there is a genuine air of spontaneity throughout: the co-authors, with many years of experience, have certainly brought a sense of purpose to their publication. The occasional joke also lightens the tone, which can often become quite earnest in other similar, somewhat duller but well-meaning collections... Highly recommended. -- Working with Older People, Stephen Weekes, Book Reviews Editor For those NAPA members who are always on the search for activity ideas, here is a wonderful resource to dip into. The Activity Yearbook offers week by week themed activities that can be easily used by all members of the care staff team. From Valentine's Day quizzes to Bonfire Night word searches, the book is filled with fun activities relating to many of the important dates in the calendar, including those in Scotland, Ireland and Wales. They also encourage reminiscence and discussion around these events. The authors also give practical tips on how to run a group and organise activities effectively. -- NAPA Living Life, Sally Knocker This resource has the potential to improve the quality of life and activity levels of older people in care and should be a must have for all care homes. There is certainly enough material in this book to last much longer than a year which makes it a valuable resource for activity organisers/carers in residential or day services for older people. -- COTSS PLD, Pauline Peacock Specialist Occupational Therapist I enthusiastically recommend this Week by Week Guide for Use in Elderly Day and Residential Care to all who work in such settings or anyone who leads a Church or Community Centre group for a fun session...The activities suggested in this book are designed to help group leaders provide this beneficial stimulus and encourage them to use their own imaginations to adapt, to develop extra activities and themes. -- Plus Quarterly Magazine of Christian Council on Ageing You may think this book's a bit pricey but it's a treasure trove of ideas and would be well worth the outlay for any care home. It is packed with activities of all sorts and I heartily recommend it. -- Standards for Practice The Activity Year Book is for care staff looking after older people who have some degree of dementia, and offers a range of activity ideas key to keeping them engaged and stimulated. .A fine survey packed with fun ideas. -- The Midwest Book Review

About the Author

Anni Bowden has a Diploma in Occupational Therapy from Salford University in Manchester, UK and worked for many years as an occupational therapist, helping a wide range of people whose humour and dignity have been an inspiration to her. She spent her working life in the beautiful High Peak of Derbyshire where she still lives. Nancy Lewthwaite graduated from the University of British Columbia in Vancouver, Canada with a degree in Rehabilitation Medicine. She worked for over 30 years in a variety of settings as both a physiotherapist and an occupational therapist and became particularly interested in the area of

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Engagement in meaningful activity is an important aspect of human existence, regardless of one's cognitive abilities. Even in the later stages of dementia, people can still be engaged in activities at a level that allows them to be successful. In fact in these later stages, where cognitive abilities may be waning, the need for activity becomes greater, as cognitive stimulation helps preserve what skills remain. For care staff looking after older people, many of whom may have some degree of dementia, coming up with ideas for activities of a suitable level to keep their residents engaged and stimulated can be challenging. The Activity Year Book solves this problem, offering week by week themed activities. From Valentine's Day quizzes to Bonfire Night word searches, it has activities relating to every important date in the calendar, and also encourages reminiscence and discussion around these events. This book will be invaluable to care staff looking for a simple way of improving the lives of their residents, week by week, all year round.

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A fine survey packed with fun ideas, any elder collection needs this

By Midwest Book Review

The Activity Year Book is for care staff looking after older people who have some degree of dementia, and offers a range of activity ideas key to keeping them engaged and stimulated. @Week by week theme activities are easy to implement by staff, cover holidays to special nights, and offer practical trips on running them through a group and organizing activities. A fine survey packed with fun ideas, any elder collection needs this.

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Great!

By Kristine

This book is great - I am a social worker in an acute care setting for elders with dementia and Alzheimer's disease. The only complaint that I have is that some of the activities are more geared toward the early stages of dementia, if at any memory or cognitive impairment. A lot of my patients have mid to end stage dementia and some of the activities won't be effective, but there are still some wonderful ideas in there. Would definitely recommend!

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great buy

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