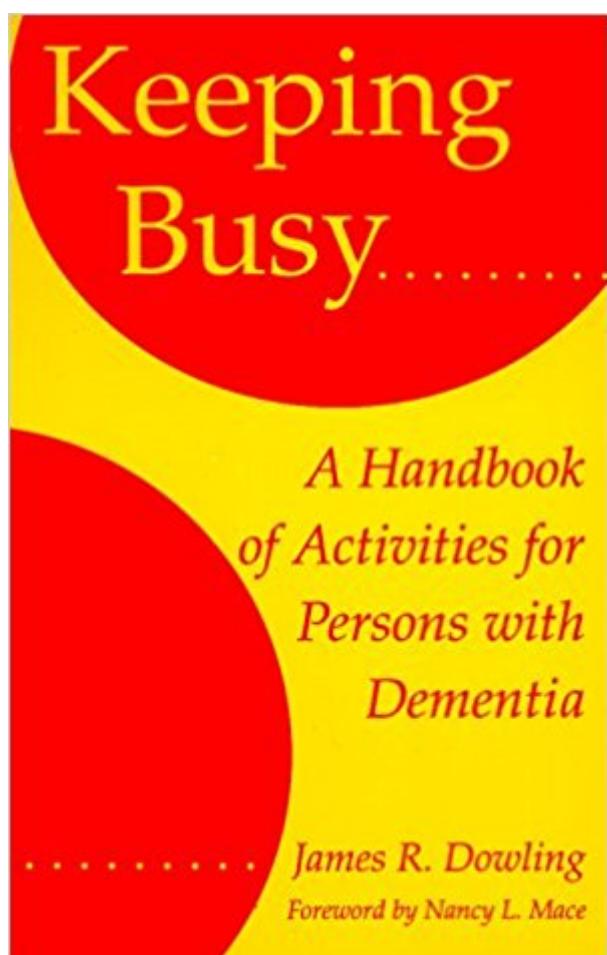


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# Keeping Busy: A Handbook Of Activities For Persons With Dementia



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

"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)

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Because of the many phrases, songs, games that refer to things anyone born from 1910 to 1950 might remember, it was exceedingly fun and appropriate to go through things with my TBI husband. We laughed and said, Have to sing that for our grandchildren" and reminded each other of the answers. I could see the author's view of older people not wanting to do, say, art, then speaking of their brother who painted, and gradually having a wonderful time. I had occasion to refer this book to someone whose mother was just diagnosed, and I did so enthusiastically. Makes me wonder what the dementia patients who were born past the 70s will have that's as much fun as these old songs and cliches. The trick is to play WITH the patients and listen to their resulting stories--don't just throw the book their direction.

This book has helped me so much w/my Dad. I feel that the activities offered help him and he seems to enjoy doing them. This is a good thing for him and me too. I would suggest this book for anyone looking to create some active time for their loved one...It is a great buy for me and Dad.

Very very basic. If you're just starting out in the field this MIGHT give you a few ideas, but so would

Pinterest...

This is an excellent resource for our adult day center, which specializes in adults with Alzheimer's Disease and other dementias. In fact, it is so good that I re-ordered to get enough copies for each of our staff to have their own. It is our unofficial "textbook".

I found this to be one of the best books available to help me work with dementia patients.

I work in an assisted living residence for people with dementia and our goal is to engage our residents all day in meaningful activities. It is very challenging and has great rewards. This book's title, Keeping Busy, almost made me pass it by because we are focused on more than just keeping our residents 'busy'...we want them to enjoy themselves, and in fact to 'flourish' in our environment. I am glad that I purchased it because it has many delightful activities that in fact do much more than just keep people 'busy'.

The book has a great introduction on ALZ care. It was written from a nursing home standpoint and from that perspective it was probably very good. But what I was looking for was from an individual caregiver's standpoint. From that standpoint it was not what I expected, thus only 3 stars. A much better book is "36 Hour Day" for individual caregivers. AI from Denver CO

With the population, some not useful.

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Beekeeping: Amazing Guide for Beginners(Beekeeping Basics,Beekeeping Guide,The essential beekeeping guide,Backyard Beekeeper,Building Beehives,Keeping ... bee keeping,bee keeping)

(Volume 1) Preschooler's Busy Book: 365 Creative Games & Activities To Occupy 3-6 Year Olds (Busy Books Series) The Toddler's Busy Book: 365 Creative Games and Activities to Keep Your 1

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Alzheimer's Medical Advisor: A Caregiver's Guide to Common Medical and Behavioral Signs and Symptoms in Persons with Dementia Improving Hospital Care for Persons with Dementia Busy

Toddler, Happy Mom: Over 280 Activities to Engage your Toddler in Small Motor and Gross Motor

Activities, Crafts, Language Development and Sensory Play A Loving Approach to Dementia Care: Making Meaningful Connections with the Person Who Has Alzheimer's Disease or Other Dementia or Memory Loss (A 36-Hour Day Book) Thoughtful Dementia Care: Understanding the Dementia Experience Dementia with Lewy Bodies and Parkinson's Disease Dementia: Patient, Family, and Clinician Working Together for Better Outcomes Finding Grace in the Face of Dementia: "Experiencing Dementia--Honoring God" Montessori Based Activities for Persons, Vol.II Inclusive Outdoor Recreation for Persons with Disabilities: Protocols and Activities Beekeeping: An Introduction to Building and Maintaining Honey Bee Colonies (2nd Edition) (beehive, bee keeping, keeping bees, raw honey, honey bee, apiculture, beekeeper) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Kaplan ACT Strategies for Super Busy Students: 15 Simple Steps to Tackle the ACT While Keeping Your Life Together (Kaplan Test Prep) How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People)

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