Doing Things: A Guide to Programing Activities for Persons with Alzheimer's Disease and Related Disorders

Jitka M. Zgola

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Doing Things shows how to provide a positive environment for persons with Alzheimer's disease by offering opportunities for social interaction and constructive, enjoyable activities. Zgola outlines the ways in which a patient's functional impairment can be assessed; the strengths, weaknesses, and needs most commonly encountered among persons with Alzheimer's disease; and ways activities can be tailored to accommodate them. She offers step-by-step instructions for selecting and presenting appropriate activities and includes cooking and crafts projects, a sample exercise routine, and a sample daily schedule. The techniques she describes are designed to promote a sense of security and self-esteem, by avoiding possible sources of confusion or confrontation.

Based on the highly successful program developed at one day-care facility for persons with dementia, *Doing Things* offers an invaluable guide for professionals and volunteers supervising activities at day-care centers and extended-care facilities?as well as for individuals who are caring for patients at home. Throughout, Zgola's emphasis is on treating persons who have Alzheimer's disease with empathy, courtesy, and dignity.

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