



The Best Friends Book of Alzheimer's Activities, Volume Two

Virginia Bell MSW, David Troxel MPH, Tonya Cox M.S.W., Robin Hamon M.S.W.

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Expand and enrich your Best Friends activity programming with 149 all-new activities for individuals with dementia. Like the first book, this collection of fun and easy activities will add both meaning and enjoyment to the activities at your adult day center, home care setting, or residential care facility.

Feedback and insights from individuals with early-stage dementia helped shape this new collection, as well as activity suggestions from national and international dementia programs. As a result, the activities include a new focus on diversity and multiculturalism. Also featured are topics of interest to participants in their 50s and 60s, such as the Internet, advocacy, and community service.

Participants, staff, and family members will enjoy fresh ideas for creative art projects, interactive games, and evening activities. New themes to explore in Volume 2 include activities related to the kitchen and food, life story sharing and reminiscence, religious and spiritual traditions, and wellness. Adaptations for people in the early and late stages of Alzheimer's disease, preventive measures to avoid unwanted surprises, and conversation tips make these activities particularly versatile.

Use this resource to extend the benefits you already enjoy from Best Friends programming or discover for the first time how this groundbreaking approach can transform activities and daily interactions.

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