



**Directory of Memory
Care Program Ideas for
Public Libraries**

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MindCare

Products to exercise & ease the mind

Directory of Memory Care Program Ideas

2 dozen+ Ideas for Public Library Memory Care Programs

Caregivers

1. The Library of Memory Issues Tools for Caregivers
2. Creating a Safer Home: Ideas for Caregivers
3. Caregiver Workshop: Memory Care Education for Caregivers
4. Caregiver Cafés: Memory Care Conversation Circles for Caregivers

Older Adult Participation Programs

1. The Library of Things for Adults with Memory Issues
2. Memory Care Conversations Circles for Caregivers
3. Staying Connected for Adults with Memory Issues
4. Memory Issues Tools Programs for Public Libraries
5. Embracing Moments of Connection with Adults with Memory Issues
6. Rebuilding and Reinforcing Skills for Adults with Memory Issues
7. Storytelling and Oral History Projects for Adults with Memory Issues
8. Social Engagement Programs for Adults with Memory Issues
9. Cognitive Stimulation Therapy Programs for Adults with Memory Issues
10. Reminiscence Therapy Programs for Adults with Memory Issues
11. Montessori-Based Activities for Adults with Memory Issues
12. Reality Orientation Therapy for Adults with Memory Issues



- 13. Sensory Storytimes for Adults with Memory Issues**
- 14. Memory Care Kits for Adults with Memory Issues**
- 15. Intergenerational Programs for Adults with Memory Issues**
- 16. Memory Cafés for Adults with Memory Issues**
- 17. Assistive Technology Training Support for Adults with Memory Issues**
- 18. Outreach Programs for Adults with Memory Issues**
- 19. Craft and Creative Programs for Adults with Memory Issues**
- 20. Design Your Own Program for Adults with Memory Issues**





Sample Memory Care Program Ideas for Public Libraries

Title: The Library of Memory Issues Tools for Caregivers

Description:

It's a circulating Library of Things containing Memory Tools, Games, toys, books and videos for Caregivers, and the cared-for.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Create a library of things for in-house use and short-term public lending that support adults with memory issues and their caregivers.

Length:

1 to 2-week loans.

Agenda:

Create visible glass display cases or shelves that self-market these tools with guides for the borrower.

Space, Logistics, Equipment, Materials and Supplies:

- A Collection and display cases/shelves.
- Follow cataloguing, normal barcoding or RFID procedures.
- Create a webpage explaining and promoting the collection.



Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

1. Pick and test a great and non-stigmatized program title.
2. Work with your partners to communicate with potential participants and caregivers.
3. Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
4. Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>

MindCare Products to Consider



Date Clock	https://www.mindcaresore.com/Alzheimers-day-date-flip-clock-p/mc-0048.htm
Simple Music Player	https://www.mindcaresore.com/music-player-p/mc-2115.htm
Head Phones	https://www.mindcaresore.com/simple-headphones-elderly-p/mc-2118.htm
Art ball	https://www.mindcaresore.com/creative-activity-art-ball-p/mc-0206.htm
Busy Board	https://www.mindcaresore.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm
Busy Cube	https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm
Fidget Toy	
Widget toys	https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm
Fiddle Muff	https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Maze	https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm
Activity Apron	https://www.alzstore.com/fidget-busy-apron-p/0138.htm
Total Brain Health	https://www.alzstore.com/toolbox365-brain-health-training-activity-p/0082.htm
Tool box	https://www.mindcaresore.com/activity-handyman-box-dementia-p/mc-0088.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Shake loose ALL	https://www.mindcaresore.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Alzheimer Proofing you Home	https://www.mindcaresore.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm
Bible Verses	https://www.alzstore.com/verses-from-the-bible-p/2153.htm
Everyday Fashion	https://www.alzstore.com/everyday-fashions-p/2206.htm
36 hour Day.	https://www.alzstore.com/36-Hour-Day-Book-for-Alzheimer-s-Care-p/2229.htm
Reusable Paint	https://www.alzstore.com/paint-with-water-coloring-sheets-p/2087.htm
Call to Mind	https://www.mindcaresore.com/conversation-game-for-alzheimers-p/mc-h012.htm
Bird Puzzle	https://www.alzstore.com/bird-puzzles-w-tray-for-dementia-p/0230.htm
Puzzle set of 4	https://www.alzstore.com/farmland-puzzles-w-tray-for-dementia-p/0330.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Aerobics for the mind	https://www.alzstore.com/exercise-memory-cards-p/0076.htm
Weighted body pad	https://www.mindcaresore.com/weighted-lap-body-pad-sensory-anxiety-therapy-p/mc-m008.htm



Sensor Wrap	https://www.mindcaresore.com/weighted-wrap-sensory-anxiety-therapy-p/mc-m010.htm
Puppies	https://www.alzstore.com/ambient-puppies-dvd-p/2096.htm
art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm
water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
Teepa (u pick 4)	https://www.mindcaresore.com/teepa-snow-dvds-p/mc-0704.htm
Condition Cards	https://www.alzstore.com/i-have-a-condition-card-p/0342.htm https://www.alzstore.com/lacing-activity-for-elderly-with-Alzheimers-p/0213.htm
Lacing Card	https://www.mindcaresore.com/magic-painting-book-p/mc-2080.htm
Magic Coloring book	https://www.mindcaresore.com/Alzheimer-s-Christmas-magic-painting-book-p/mc-2082.htm https://www.mindcaresore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Christmas Coloring	https://www.mindcaresore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Snow Queen Coloring	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
Wood Puzzles (4)	https://www.mindcaresore.com/dementia-baby-doll-therapy-p/mc-0501.htm
Baby Doll Therapy	
Life Station	
w/accessories	https://www.alzstore.com/artist-life-station-p/1100.htm
Ungame for Seniors	https://www.mindcaresore.com/ungame-for-seniors-p/mc-h010.htm
Match it Game (4)	https://www.alzstore.com/match-it-game-vintage-edition-p/3500.htm https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
All About Us game	https://www.mindcaresore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm
Dog Cat	





Sample Memory Care Program Ideas for Public Libraries

Title: Creating a Safer Home: Ideas for Caregivers

Description:

Orienting Caregivers to the tools available to keep their family or person safe. Assistive devices for seniors in memory care are specially designed tools or technologies that help individuals with memory impairments or cognitive challenges perform daily activities more independently and safely. These devices aim to enhance their quality of life, promote functional abilities, and support their overall well-being. Here are some examples of assistive devices commonly used in memory care settings.

Potential Audiences:

1. Caregivers
2. Family Members
3. Healthcare Professionals including doctors, nurses, social workers, and therapists.
4. Community Organizations and Volunteers
5. General Public

Goal:

Advising caregivers on what to look for creating a safer home for adults with memory issues, while adapting to changes in their safety and behaviours.

Length:

45 minutes including questions and conversations.

Agenda:

Safety Considerations: Individuals with dementia may be prone to accidents or wandering. Caregivers should ensure a safe environment by removing potential hazards, installing safety devices, and implementing strategies to prevent falls and accidents. It may also be necessary to develop a plan to address wandering behaviors, such as using alarms or door locks.

SAFETY, FALL PREVENTION and MONITORING



Senior Safety is of great importance. Fall prevention is critical to senior safety. Patients suffering from Alzheimer's, Parkinson's or any form of dementia are often unaware of their own symptoms, and caregivers must take special precautions to keep them safe. Ensure that your loved one or patient avoids injuries by outfitting their home with senior citizen safety products. Senior monitors come in various forms. Bed, chair, and mat alarms are available with remote and mobile receivers. NO loud noise needs to frighten the patient but with our senior monitoring systems, the caregiver can be confident that receivers placed around the house and even on their person can keep them in constant communication.

To ensure senior safety, many products need to be locked up using a refrigerator lock to combat excessive food consumption and make sure that drugs are not available. Invisible cabinet locks give a clean look to the kitchen without baby proofing it. Besides senior monitoring systems, wandering prevention devices both in the house and outside are necessary. Seniors with Alzheimer's, dementia or any type of memory loss are in danger of wandering. Safety devices such as fire rated door murals and/or a simple stop sign are very popular.

GPS devices as well as emergency information wristbands are the cutting edge in senior safety technology. As a caregiver of someone with dementia, you may find them to - all of sudden be irritable with no apparent reason - BUT there is a reason. They may have fallen and broken a bone and are unable to communicate this to you. It is important to safety-proof your home and institute a fall prevention program.

Space, Logistics, Equipment, Materials and Supplies:

- Simple meeting room with chairs and table
- Book truck with items from the collection
- Refreshments

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
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- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
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- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

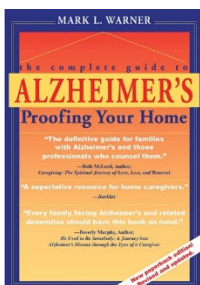
- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
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Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>

"The Complete Guide to Alzheimer's Proofing Your Home"

<https://www.mindcaresite.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm>



Safety Tools from MindCare:



- **Automatic Pill Dispenser by MedReady** Senior safety - prevent accidental double dosing!
- **Invisible Cabinet Locks w/ Magnetic Key** Keep items locked inside cabinet doors and drawers!
- **Electronic Pill Box Dispenser by MedQ** Audio and visual alerts to take medication on time!
- **Stove Shut Off by FireAvert | Gas or Electric** Help protect from dangerous stove fires!
- **GPS Tracking Watch for Wandering Prevention | Theora Care** Make calls & track location w/ one device!
- **Wandering Alert Door -or- Motion Alarm Kits** Monitor doors, windows or motion | expandable kits!
- **Wandering Alert Alarm | SMPL | Add-On(s)** Expandable alarm w/ Add On Sensors!
- **Cell Phone for Seniors w/ Picture Dialing + GPS** Limit incoming and outgoing calls w/ ease!
- **Senior Cell Phone w/ Picture Dialing + GPS for All Networks** Limit incoming and outgoing calls w/ ease | All Mobile Carrier Option
- **Pill Box Dispenser by MED-E-LERT** Safely dispense daily medications!
- **Home Medical Alert - ResponseNow** Allow independent living and added security!
- **Safe Wander Bed Alarm + Sensor** Award-winning wandering + fall prevention alarm!
- **Safe Wander Bed Alarm Sensor** An extra sensor - or it can work by itself!
- **TAKBOARD | Memories Bulletin Board** Pin up memorabilia + photos!
- **teleCalm | Block Unwanted Calls** An easy way to block incoming & outgoing calls!
- **Wireless Motion Detector w/ Wander Alarm** Help prevent wandering with motion detection!
- **Door Alarm with Keypad** Help prevent wandering at every exit!
- **Door Guardian** A clever door lock to prevent wandering!
- **The E-Z Out Car Door Handle** Great support for getting in and out of a car!
- **Refrigerator Latches & Straps** Discreet safety latch to prevent fridge access!
- **Anti Scald Device** Prevent burns and keep the bathroom safe!
- **Automatic Medication Dispenser - Extra Battery** Be prepared with an extra battery for all MedReady Medication Dispensers!
- **Automatic Medication Dispenser - Extra Key** An extra key is always handy!
- **Automatic Medication Dispenser - Replacement Lid** Easy to replace... keep an extra on hand!
- **Automatic Medication Dispenser - Extra Tray Carousel and Cover** An extra tray carousel and cover are great for storage and replacement!
- **Grab-N-Pull Seat Belt Reacher** Very helpful gadget to help with the seatbelt!
- **Self Adhesive Sign Set** An effective way to help locate items and rooms!
- **Stop Sign Banner** Great deterrent for those who wander!
- **Mobile Medical Alert Pendant - Belle** Protect your loved-ones with this responsive pendant!



- **Invisible Cabinet Lock - Extra Key** Always a good idea to have an extra magnetic-key!
- **Refrigerator Lock for Adults - with Padlock** Heavy-Duty Refrigerator Lock for kitchen safety!
- **Automatic Faucet Control** Turn on and off the water with a gentle push!
- **Emergency Pendant Telephone - Additional Wall Mounted Speaker** Microphone to the Emergency Pendant Telephone Dialer
- **Senior Sippin' Spouts Multi Pack** Transforms any water bottle into a Sipper!





Sample Memory Care Program Ideas for Public Libraries

Title: Caregiver Workshop: Memory Care Education for Caregivers

Description:

- What do dementia caregivers need to know?
- How do we support our family member/friend?
- Can we support each other?

Potential Audiences:

1. Caregivers
2. Family Members
3. Healthcare Professionals including doctors, nurses, social workers, and therapists.
4. Community Organizations and Volunteers
5. General Public

Goal:

Sharing information, strategies, and support while helping with isolation and burnout.

Length:

45 minutes to one hour.

Agenda:

Dementia caregivers play a crucial role in supporting individuals with dementia. Here are some key things that dementia caregivers should know:

- **Understanding Dementia:** Caregivers should have a good understanding of dementia, including its causes, progression, and common symptoms. This knowledge can help caregivers anticipate and manage the challenges associated with dementia, such as memory loss, communication difficulties, changes in behavior, and declining abilities.
- **Communication Techniques:** Effective communication is essential when caring for someone with dementia. Caregivers should learn and use communication techniques tailored for individuals with dementia, such as speaking slowly and clearly, using simple language, maintaining eye contact, and being patient and empathetic. Non-verbal cues and body language can also help convey messages and emotions.



- **Person-Centered Care:** Caregivers should adopt a person-centered approach, focusing on the individual's preferences, needs, and abilities. Understanding the person's background, interests, and values can help provide personalized care, promote dignity, and enhance the individual's sense of well-being.
- **Behavior Management:** Dementia may result in challenging behaviors like agitation, aggression, wandering, or refusal of care. Caregivers should learn strategies to manage and prevent these behaviors, such as establishing routines, creating a calm environment, providing meaningful activities, using distraction techniques, and practicing empathy and validation.
- **Self-Care:** Caregivers must prioritize their own well-being. Caring for someone with dementia can be physically and emotionally demanding. It's important for caregivers to take breaks, seek support from others, and maintain their physical and mental health. Engaging in self-care activities, seeking respite care, and joining caregiver support groups can be beneficial.
- **Safety Considerations:** Individuals with dementia may be prone to accidents or wandering. Caregivers should ensure a safe environment by removing potential hazards, installing safety devices, and implementing strategies to prevent falls and accidents. It may also be necessary to develop a plan to address wandering behaviors, such as using alarms or door locks.
- **Available Resources and Support:** Caregivers should familiarize themselves with local resources and support services available for individuals with dementia and their families. These may include respite care programs, support groups, educational workshops, counseling services, and home care assistance. Accessing these resources can provide valuable assistance and respite for caregivers.
- **Legal and Financial Planning:** Caregivers should consider the legal and financial aspects of dementia care. This may involve consulting with an attorney to establish power of attorney, creating advance directives, and ensuring that important documents (e.g., wills, insurance policies) are in order. Financial planning, including understanding insurance coverage and exploring available benefits and assistance programs, is also important.
- **Anticipating Care Needs:** As dementia progresses, care needs may change. Caregivers should be prepared for evolving care requirements, including assistance with daily activities, personal care, medication management, and potentially transitioning to assisted living or memory care facilities. Understanding the available care options and planning for future needs can help caregivers navigate these transitions more smoothly.
- **Self-Education and Professional Support:** Dementia caregiving is an ongoing learning process. Caregivers should seek opportunities for education and skill development, such as attending workshops, reading reputable books or online resources, and staying updated on the latest research and best practices. Consulting with healthcare professionals specializing in dementia care can also provide valuable guidance and support.



Remember, every person with dementia is unique, and caregiving approaches may need to be tailored to their specific needs and preferences. Ongoing learning, flexibility, and a compassionate mindset are key for dementia caregivers.

Space, Logistics, Equipment, Materials and Supplies:

- Comfortable space, preferably in a circle.
- Coffee, tea, refreshments
- Kleenex

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
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Marketing:

5. Pick and test a great and non-stigmatized program title.
6. Work with your partners to communicate with potential participants and caregivers.
7. Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
8. Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
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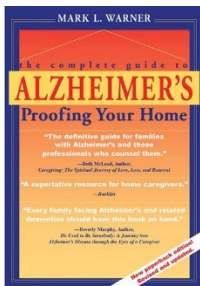
Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
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The following titles are great additions to your library's collections:

"The Complete Guide to Alzheimer's Proofing Your Home"

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Sample Memory Care Program Ideas for Public Libraries

Title: Caregiver Cafés: Conversation Circles for Caregivers

Description:

- Tips from the community of caregivers – A café to share stories, get out of the house, and learn techniques from those who've been there.
- How can we support each other?

Potential Audiences:

1. Caregivers
2. Family Members
3. Healthcare Professionals including doctors, nurses, social workers, and therapists.
4. Community Organizations and Volunteers
5. General Public

Goal:

Sharing information, strategies, and support while helping with isolation and burnout.

Length:

45 minutes to one hour.

Agenda:

Dementia caregivers play a crucial role in supporting individuals with dementia, but they are known to suffer from personal isolation, burnout, and exhaustion.

How do we avoid caregiver burnout and exhaustion?

Avoiding caregiver burnout and exhaustion is essential for the well-being of both the caregiver and the person receiving care. Here are some strategies to help prevent caregiver burnout:

- **Seek Support:** Don't hesitate to reach out for support. Talk to family members, friends, or support groups who can provide emotional support and practical assistance. Consider joining caregiver support groups or seeking counseling services to address the challenges and stress associated with caregiving.



- **Delegate Responsibilities:** It's important to recognize that you don't have to do everything on your own. Delegate tasks and responsibilities to other family members, friends, or hired caregivers. Accept help when it is offered and communicate your needs and limitations to those around you.
- **Take Regular Breaks:** Make time for self-care and prioritize your own well-being. Take regular breaks from caregiving, even if it's just for short periods. Use this time to engage in activities you enjoy, relax, exercise, or pursue hobbies. Taking care of yourself allows you to recharge and maintain your physical and mental health.
- **Maintain a Healthy Lifestyle:** Pay attention to your own physical health. Eat a balanced diet, exercise regularly, and get enough sleep. Avoid excessive caffeine or alcohol consumption, as they can contribute to fatigue and stress. Prioritize your own healthcare needs, including regular check-ups and necessary medical appointments.
- **Set Realistic Expectations:** Recognize that you have limitations and set realistic expectations for yourself. Understand that you cannot do everything perfectly, and it's okay to ask for help or seek professional assistance when needed. Adjust your expectations and focus on providing the best care possible within your capabilities.
- **Take Advantage of Respite Care:** Respite care services provide temporary relief for caregivers. Explore options for respite care, whether through in-home care providers, adult day care centers, or respite programs in your community. This allows you to take a break from caregiving while ensuring the person receiving care is still supported.
- **Practice Stress-Management Techniques:** Engage in stress-management techniques that work for you, such as deep breathing exercises, meditation, yoga, or engaging in hobbies that promote relaxation. Find healthy ways to cope with stress and make time for activities that bring you joy and peace.
- **Stay Connected:** Maintain social connections and engage in activities outside of caregiving. Schedule time to meet with friends, pursue personal interests, or participate in community activities. Staying connected with others helps combat feelings of isolation and provides a support network.
- **Educate Yourself:** Learn about the condition of the person you are caring for and seek information and resources that can help you better understand their needs and challenges. The more knowledge you have, the better equipped you'll be to provide care and make informed decisions.
- **Consider Respite or Professional Care:** If caregiving becomes overwhelming or unmanageable, consider exploring respite care options or seeking professional caregiving assistance. Assisted living facilities or memory care communities may provide a supportive environment with specialized care services.

Remember, taking care of yourself is not selfish—it is essential for your own well-being and your ability to provide quality care. By prioritizing self-care, seeking support, and setting boundaries, you can reduce the risk of burnout and exhaustion, allowing you to be a more effective and resilient caregiver.



Space, Logistics, Equipment, Materials and Supplies:

- Comfortable space, preferably in a circle.
- Coffee, tea, refreshments
- Kleenex

Outline:

A conversation circle for caregivers can be a valuable and supportive space where caregivers can share their experiences, concerns, and insights with one another. These circles provide emotional support, a sense of community, and an opportunity to learn from others facing similar challenges. Here's how to facilitate a caregiver conversation circle:

1. Define the Purpose and Goals:

Clearly define the purpose of the conversation circle, such as providing emotional support, sharing resources, or fostering connections.

Set specific goals for each meeting, such as discussing a particular caregiving topic or providing a space for caregivers to express their feelings.

2. Choose a Facilitator:

Select a facilitator who is knowledgeable about caregiving issues and experienced in group dynamics. This person can be a professional caregiver support specialist, a social worker, or someone with relevant experience.

3. Determine Logistics:

Decide on the frequency and duration of the meetings. Weekly or bi-weekly sessions of about 1-1.5 hours often work well.

Choose a convenient time and location for the meetings. Depending on your circumstances, these meetings can be held in person or virtually using video conferencing tools.

4. Create a Safe and Welcoming Environment:

Ensure that the space, whether physical or virtual, is comfortable and conducive to open conversation.

Establish ground rules for respectful communication, emphasizing confidentiality and non-judgment.

5. Develop Meeting Agendas:



Create a flexible agenda for each session. Include time for check-ins, discussions on predetermined topics, and open sharing.

Encourage participants to suggest discussion topics or questions in advance.

6. Encourage Sharing and Active Listening:

Start the meeting with a check-in, where each participant has a chance to share how they are feeling or what's been happening in their caregiving journey.

During discussions, encourage active listening and empathy. Remind participants that they don't need to offer solutions, but rather, they can provide a listening ear.

7. Provide Resources and Information:

Offer caregiving resources, information, and support materials that can help caregivers in their roles.

Share relevant articles, books, or websites that might assist them.

8. Guest Speakers or Experts:

Occasionally, invite guest speakers or experts in the field of caregiving to provide valuable insights or information on specific topics.

9. Foster Connections:

Encourage caregivers to connect with each other outside of the conversation circle, forming supportive relationships and networks.

Share contact information (with consent) if participants are comfortable with it.

10. Evaluate and Adapt: - Periodically gather feedback from participants to assess the effectiveness of the conversation circle. - Be open to adapting the format and content based on the needs and preferences of the caregivers.

11. Self-Care and Emotional Support: - Remind caregivers of the importance of self-care and provide suggestions for managing stress and burnout.

12. Closure and Gratitude: - End each session with a reflection or gratitude moment, where participants express what they've gained from the conversation circle.

Remember that caregiver conversation circles are meant to be a source of support, understanding, and community. They can be particularly beneficial for caregivers who often feel isolated in their roles. Creating a safe and welcoming environment is essential to their success.

Potential community partners and outreach:



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Title: The Library of Things for Adults with Memory Issues

Description:

Creating a borrowable collection of things to try. Some may just need to be temporary interventions or experiences. Some may be just trials to see if they want to adopt them by purchase.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Allow caregivers and older adults to engage and play with the tools, toys, and games at home with family and friends for a longer term.

What kind of toys, games, and puzzles help with dementia?

When selecting toys, games, and puzzles for individuals with dementia, it's important to consider their cognitive abilities, interests, and preferences. Look for activities that provide stimulation, engagement, and enjoyment without overwhelming or causing frustration. Here are some types of toys, games, and puzzles that can be beneficial for individuals with dementia:

- **Simple Jigsaw Puzzles:** Choose jigsaw puzzles with large, easy-to-handle pieces and clear images. Start with puzzles that have fewer pieces and gradually increase the difficulty as their abilities allow. Puzzle-solving can help with cognitive skills, visual perception, and fine motor coordination.
- **Memory Matching Games:** Memory matching games involve turning over cards to find matching pairs. Look for games with large, easily distinguishable images. Playing memory games can help improve memory, concentration, and cognitive skills.



- **Picture Books or Photo Albums:** Picture books or photo albums filled with familiar images and meaningful memories can stimulate reminiscence and encourage conversation. Choose books or albums with clear, large-print pictures that are relevant to the individual's life experiences.
- **Sensory Stimulation Toys:** Sensory toys can provide tactile, visual, and auditory stimulation. Examples include fidget spinners, textured balls, sensory cushions, or sensory boards with different textures and objects to explore. These toys can engage the senses, provide comfort, and promote relaxation.
- **Word Games and Crossword Puzzles:** Word games, such as word searches or crossword puzzles designed for individuals with dementia, can help with language skills, memory, and cognitive stimulation. Look for puzzles with larger fonts and simpler clues to make them more accessible.
- **Sorting and Matching Activities:** Sorting and matching activities can be engaging and help with cognitive skills and hand-eye coordination. Provide sets of objects or cards that need to be sorted or matched based on specific criteria, such as color, shape, or category.
- **Musical Instruments:** Musical instruments, such as simple percussion instruments like drums or tambourines, can encourage rhythmic movement, self-expression, and enjoyment. Playing or experimenting with musical instruments can be both stimulating and entertaining.
- **Reminiscence Games:** Reminiscence games involve discussion and sharing of personal memories. Examples include conversation cards or board games with prompts related to the past, allowing individuals to share their experiences, stories, and emotions.
- **Simple Card Games:** Choose card games with large, easy-to-read cards and simple rules. Games like Go Fish or matching games using playing cards can provide social interaction, engagement, and cognitive stimulation.
- **Interactive Technology:** Interactive technology, such as tablets or touch screen devices, can offer a wide range of dementia-specific apps and games. Look for apps designed for memory stimulation, cognitive exercises, or reminiscence therapy. Ensure the interface is user-friendly and intuitive.

Remember, the choice of toys, games, and puzzles should be tailored to the individual's abilities and preferences. Regularly assess their engagement and adjust the activities as needed. The goal is to provide enjoyable and stimulating experiences that enhance their cognitive abilities, encourage social interaction, and promote a sense of accomplishment and well-being.

Length:

1 to 2-week loans.

Plan:

- Develop a collection development plan.



- Research the opportunities to acquire and test innovative tools to use in programs and make recommendations to add to the collection or in-house usage resources.
- Acquire, ingest, display, promote.

Space, Logistics, Equipment, Materials and Supplies:

- Space for display
- Online webpage of the memory care portfolio collection

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

9. Pick and test a great and non-stigmatized program title.
10. Work with your partners to communicate with potential participants and caregivers.
11. Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
12. Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:



- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>

MindCare Products to Consider

Date Clock	https://www.mindcaresore.com/Alzheimers-day-date-flip-clock-p/mc-0048.htm
Simple Music Player	https://www.mindcaresore.com/music-player-p/mc-2115.htm
Headphones	https://www.mindcaresore.com/simple-headphones-elderly-p/mc-2118.htm
Art ball	https://www.mindcaresore.com/creative-activity-art-ball-p/mc-0206.htm
Busy Board	https://www.mindcaresore.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm
Busy Cube	https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm
Fidget Toy	
Widget toys	https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm
Fiddle Muff	https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Maze	https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm
Activity Apron	https://www.alzstore.com/fidget-busy-apron-p/0138.htm
Total Brain Health	https://www.alzstore.com/toolbox365-brain-health-training-activity-p/0082.htm
Toolbox	https://www.mindcaresore.com/activity-handyman-box-dementia-p/mc-0088.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Shake loose ALL	https://www.mindcaresore.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Alzheimer Proofing you Home	https://www.mindcaresore.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm
Bible Verses	https://www.alzstore.com/verses-from-the-bible-p/2153.htm
Everyday Fashion	https://www.alzstore.com/everyday-fashions-p/2206.htm
36-hour Day.	https://www.alzstore.com/36-Hour-Day-Book-for-Alzheimer-s-Care-p/2229.htm
Reusable Paint	https://www.alzstore.com/paint-with-water-coloring-sheets-p/2087.htm
Call to Mind	https://www.mindcaresore.com/conversation-game-for-alzheimers-p/mc-h012.htm
Bird Puzzle	https://www.alzstore.com/bird-puzzles-w-tray-for-dementia-p/0230.htm



Puzzle set of 4	https://www.alzstore.com/farmland-puzzles-w-tray-for-dementia-p/0330.htm
-Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Aerobics for the mind	https://www.alzstore.com/exercise-memory-cards-p/0076.htm
Weighted body pad	https://www.mindcaresore.com/weighted-lap-body-pad-sensory-anxiety-therapy-p/mc-m008.htm
Sensor Wrap	https://www.mindcaresore.com/weighted-wrap-sensory-anxiety-therapy-p/mc-m010.htm
Puppies	https://www.alzstore.com/ambient-puppies-dvd-p/2096.htm
art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm
water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
Teepa (u pick 4)	https://www.mindcaresore.com/teepa-snow-dvds-p/mc-0704.htm
Condition Cards	https://www.alzstore.com/i-have-a-condition-card-p/0342.htm
Lacing Card	https://www.alzstore.com/lacing-activity-for-elderly-with-Alzheimers-p/0213.htm
Magic Coloring book	https://www.mindcaresore.com/magic-painting-book-p/mc-2080.htm
Christmas Coloring	https://www.mindcaresore.com/Alzheimer-s-Christmas-magic-painting-book-p/mc-2082.htm
Snow Queen Coloring	https://www.mindcaresore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Wood Puzzles (4)	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
Baby Doll Therapy	https://www.mindcaresore.com/dementia-baby-doll-therapy-p/mc-0501.htm
Life Station	
w/accessories	https://www.alzstore.com/artist-life-station-p/1100.htm
Ungame for Seniors	https://www.mindcaresore.com/ungame-for-seniors-p/mc-h010.htm
Match it Game (4)	https://www.alzstore.com/match-it-game-vintage-edition-p/3500.htm
All About Us game	https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
Dog Cat	https://www.mindcaresore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm





Sample Memory Care Program Ideas for Public Libraries

Title: Staying Connected for Adults with Memory Issues

Description:

Drop-In Centre for People needing Memory Care.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Create a schedule friendly regular weekly day or two for visits by individual with their friends, caregivers, independently, or in groups from their residential facilities.

Length:

4 hours with a library worker concierge to recommend books, activities or toys and games.

Agenda:

Pretty Open-ended. The Drop-In Concierge engages with attendees and offers conversation, advice, recommendations, and game play.

What are some good memory care toys or games for seniors?

When choosing memory care toys or games for seniors, it's important to consider their cognitive abilities, interests, and preferences. Here are some examples of memory care toys and games that can be beneficial for seniors:

- **Memory Matching Games:** Matching games involve turning over cards to find matching pairs. Look for games with large, easily distinguishable images or symbols. Matching games can help improve memory, concentration, and cognitive skills.



- **Reminiscence Cards or Conversation Prompts:** Reminiscence cards or conversation prompts can stimulate memories and encourage storytelling. These cards often feature images, questions, or prompts related to past experiences, allowing seniors to reminisce and share their stories.
- **Sensory Stimulation Toys:** Sensory toys can provide tactile, visual, and auditory stimulation. Examples include textured balls, fidget toys, or sensory cushions. These toys can engage the senses, provide comfort, and promote relaxation.
- **Simple Jigsaw Puzzles:** Choose jigsaw puzzles with large, easy-to-handle pieces and clear images. Select puzzles with a limited number of pieces and simpler designs to make them more accessible. Puzzle-solving can help with cognitive skills, visual perception, and fine motor coordination.
- **Word Games and Crossword Puzzles:** Word games, such as word searches or crossword puzzles, can stimulate language skills, memory, and cognitive abilities. Look for puzzles with larger fonts and simpler clues to make them more senior-friendly.
- **Picture Books or Photo Albums:** Picture books or photo albums filled with familiar images and memories can stimulate reminiscence and encourage conversation. Choose books or albums with clear, large-print pictures that are relevant to the individual's life experiences.
- **Board Games:** Select board games that are easy to understand and play. Look for games that promote memory recall, such as trivia games or games based on popular culture from the person's era. Consider adaptations or simplified versions of traditional board games to make them more accessible.
- **Playing Cards:** Playing card games, such as Go Fish or matching games, can provide social interaction and cognitive stimulation. Choose playing cards with large, easy-to-read numbers and suits. Simple card games can help with memory, strategy, and concentration.
- **Musical Instruments:** Musical instruments, such as simple percussion instruments like drums or shakers, can encourage rhythmic movement, self-expression, and enjoyment. Playing or experimenting with musical instruments can be both stimulating and entertaining.
- **Puzzles with Familiar Images:** Look for puzzles that feature images of familiar places, objects, or themes that are meaningful to the individual. These puzzles can evoke memories and provide a sense of familiarity and connection.

Remember, the choice of memory care toys or games should be based on the individual's abilities and interests. It's essential to adapt the activities to their cognitive level, providing enjoyable and engaging experiences that promote mental stimulation and well-being.

Space, Logistics, Equipment, Materials and Supplies:

Your library's open seating area arranged to allow for mobility impaired visitors (access by wheelchairs and walkers, non-wheeled chairs with arms, and conversation areas with comfy chairs or tables to chat and play games. Consider partnering for transit.



Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Memory Issues Tools Programs for Public Libraries

Description:

This is a gaming strategy for older adults to invest in memory care and improvement.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Engage seniors (some of whom may be aware that they may be experiencing early cognitive decline). The goal is to provide brain stimulation with toys and games.

Length:

1 hour to 90 minutes including social time and getting to know each other.

Agenda:

Play games that support memory exercise. Facilitated play.

Space, Logistics, Equipment, Materials and Supplies:

Game tables and senior friendly chairs.

Games including large print decks of cards.

Refreshments.

Potential community partners and outreach:

- Alzheimer's Association



- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
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When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

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Evaluation:

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Simple Music Player	https://www.mindcaresite.com/music-player-p/mc-2115.htm



Head Phones	https://www.mindcaresore.com/simple-headphones-elderly-p/mc-2118.htm
Art ball	https://www.mindcaresore.com/creative-activity-art-ball-p/mc-0206.htm
Busy Board	https://www.mindcaresore.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm
Busy Cube	https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm
Fidget Toy	
Widget toys	https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm
Fiddle Muff	https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Maze	https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm
Activity Apron	https://www.alzstore.com/fidget-busy-apron-p/0138.htm
Total Brain Health	https://www.alzstore.com/toolbox365-brain-health-training-activity-p/0082.htm
Tool box	https://www.mindcaresore.com/activity-handyman-box-dementia-p/mc-0088.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Shake loose ALL	https://www.mindcaresore.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Alzheimer Proofing you Home	https://www.mindcaresore.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm
Bible Verses	https://www.alzstore.com/verses-from-the-bible-p/2153.htm
Everyday Fashion	https://www.alzstore.com/everyday-fashions-p/2206.htm
36 hour Day.	https://www.alzstore.com/36-Hour-Day-Book-for-Alzheimer-s-Care-p/2229.htm
Reusable Paint	https://www.alzstore.com/paint-with-water-coloring-sheets-p/2087.htm
Call to Mind	https://www.mindcaresore.com/conversation-game-for-alzheimers-p/mc-h012.htm
Bird Puzzle	https://www.alzstore.com/bird-puzzles-w-tray-for-dementia-p/0230.htm
Puzzle set of 4	https://www.alzstore.com/farmland-puzzles-w-tray-for-dementia-p/0330.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Aerobics for the mind	https://www.alzstore.com/exercise-memory-cards-p/0076.htm
Weighted body pad	https://www.mindcaresore.com/weighted-lap-body-pad-sensory-anxiety-therapy-p/mc-m008.htm
Sensor Wrap	https://www.mindcaresore.com/weighted-wrap-sensory-anxiety-therapy-p/mc-m010.htm
Puppies art	https://www.alzstore.com/ambient-puppies-dvd-p/2096.htm
art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm



water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
Teepa (u pick 4)	https://www.mindcaresstore.com/teepa-snow-dvds-p/mc-0704.htm
Condition Cards	https://www.alzstore.com/i-have-a-condition-card-p/0342.htm
Lacing Card	https://www.alzstore.com/lacing-activity-for-elderly-with-Alzheimers-p/0213.htm
Magic Coloring book	https://www.mindcaresstore.com/magic-painting-book-p/mc-2080.htm
Christmas Coloring	https://www.mindcaresstore.com/Alzheimer-s-Christmas-magic-painting-book-p/mc-2082.htm
Snow Queen Coloring	https://www.mindcaresstore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Wood Puzzles (4)	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
Baby Doll Therapy Life Station	https://www.mindcaresstore.com/dementia-baby-doll-therapy-p/mc-0501.htm
w/accessories	https://www.alzstore.com/artist-life-station-p/1100.htm
Ungame for Seniors	https://www.mindcaresstore.com/ungame-for-seniors-p/mc-h010.htm
Match it Game (4)	https://www.alzstore.com/match-it-game-vintage-edition-p/3500.htm
All About Us game	https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
Dog Cat	https://www.mindcaresstore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm





Sample Memory Care Program Ideas for Public Libraries

Title: Embracing Moments of Connection with Adults with Memory Issues

Description:

One on one or two programs – Librarianship by walking around.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Look for opportunities with those patrons you know well to show them tools and resources for memory care. In addition, just engage with patrons showing challenges of any type on a social level.

Length:

As long as you want or can have a conversation.

Agenda:

None really. The patron sets the agenda, and you respond.

Space, Logistics, Equipment, Materials and Supplies:

A trained professional and a potential conversation.

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies



- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Rebuilding and Reinforcing Skills for Adults with Memory Issues

Description:

Making reinforcing and reintroducing life skills, including hygiene, fun and rich.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Life Skills Activities: Engage the person in simple life skills activities that they used to enjoy, such as cooking, gardening, or crafts. These activities can tap into their procedural memory and evoke a sense of familiarity and accomplishment.

Length:

60-90 minutes

Agenda:

Can we restore skills in people with dementia, aphasia, or Alzheimer's?

While it may not be possible to fully restore skills in individuals with dementia, aphasia, or Alzheimer's, there are interventions and strategies that can help maintain existing skills and potentially slow down the progression of cognitive decline. The effectiveness of these approaches may vary depending on the individual and the stage of their condition. Here are some interventions that can be beneficial:

- **Speech and Language Therapy:** Speech and language therapy can help individuals with aphasia improve their communication skills. Therapists use techniques such as word retrieval exercises, language drills, and strategies to enhance comprehension and



expression. While speech and language therapy cannot reverse the underlying condition, it can facilitate alternative communication methods and support functional communication.

- **Cognitive Stimulation:** Engaging in activities that provide cognitive stimulation, such as puzzles, memory games, or reminiscence therapy, can help maintain cognitive function and potentially slow down cognitive decline. These activities can target various cognitive domains like memory, attention, problem-solving, and language skills.
- **Physical Exercise:** Regular physical exercise has been shown to have positive effects on cognitive function and overall well-being. Physical activity promotes blood flow to the brain, enhances neuroplasticity, and may help reduce the risk of cognitive decline. Encourage individuals to engage in appropriate physical activities based on their abilities and preferences.
- **Social Engagement:** Maintaining social connections and engaging in social activities can have a positive impact on cognition and emotional well-being. Encourage individuals to participate in social activities, join support groups, or engage in meaningful interactions with family and friends. Social engagement can help stimulate cognitive abilities, reduce isolation, and enhance overall quality of life.
- **Assistive Technology:** There are various assistive technologies available that can support individuals with dementia, aphasia, or Alzheimer's. These technologies range from speech-generating devices and communication apps to reminders and prompts for daily activities. Assistive technology can aid in communication, memory support, and independent living.
- **Medication and Medical Management:** Medications prescribed by healthcare professionals may help manage symptoms and slow the progression of certain conditions. Consult with healthcare providers who specialize in dementia, aphasia, or Alzheimer's to explore appropriate medication options and potential benefits.

It's important to note that while these interventions may help maintain skills and improve quality of life, they do not provide a cure or complete restoration of cognitive abilities. Individual responses to interventions may vary, and it's important to work closely with healthcare professionals and specialists who can tailor interventions to the specific needs and abilities of the individual.

Additionally, providing a supportive and enabling environment, along with consistent care and emotional support, is crucial for individuals with these conditions. This includes creating a structured routine, providing clear communication, ensuring safety, and fostering a positive and calm atmosphere.

What are some good memory care toys or games for seniors?

When choosing memory care toys or games for seniors, it's important to consider their cognitive abilities, interests, and preferences. Here are some examples of memory care toys and games that can be beneficial for seniors:



Memory Matching Games: Matching games involve turning over cards to find matching pairs. Look for games with large, easily distinguishable images or symbols. Matching games can help improve memory, concentration, and cognitive skills.

Reminiscence Cards or Conversation Prompts: Reminiscence cards or conversation prompts can stimulate memories and encourage storytelling. These cards often feature images, questions, or prompts related to past experiences, allowing seniors to reminisce and share their stories.

Sensory Stimulation Toys: Sensory toys can provide tactile, visual, and auditory stimulation. Examples include textured balls, fidget toys, or sensory cushions. These toys can engage the senses, provide comfort, and promote relaxation.

Simple Jigsaw Puzzles: Choose jigsaw puzzles with large, easy-to-handle pieces and clear images. Select puzzles with a limited number of pieces and simpler designs to make them more accessible. Puzzle-solving can help with cognitive skills, visual perception, and fine motor coordination.

Word Games and Crossword Puzzles: Word games, such as word searches or crossword puzzles, can stimulate language skills, memory, and cognitive abilities. Look for puzzles with larger fonts and simpler clues to make them more senior-friendly.

Picture Books or Photo Albums: Picture books or photo albums filled with familiar images and memories can stimulate reminiscence and encourage conversation. Choose books or albums with clear, large-print pictures that are relevant to the individual's life experiences.

Board Games: Select board games that are easy to understand and play. Look for games that promote memory recall, such as trivia games or games based on popular culture from the person's era. Consider adaptations or simplified versions of traditional board games to make them more accessible.

Playing Cards: Playing card games, such as Go Fish or matching games, can provide social interaction and cognitive stimulation. Choose playing cards with large, easy-to-read numbers and suits. Simple card games can help with memory, strategy, and concentration.

Musical Instruments: Musical instruments, such as simple percussion instruments like drums or shakers, can encourage rhythmic movement, self-expression, and enjoyment. Playing or experimenting with musical instruments can be both stimulating and entertaining.

Puzzles with Familiar Images: Look for puzzles that feature images of familiar places, objects, or themes that are meaningful to the individual. These puzzles can evoke memories and provide a sense of familiarity and connection.



Remember, the choice of memory care toys or games should be based on the individual's abilities and interests. It's essential to adapt the activities to their cognitive level, providing enjoyable and engaging experiences that promote mental stimulation and well-being.

Space, Logistics, Equipment, Materials and Supplies:

- Comfortable space (fireplaces are lovely when your library has one)
- Same level as washrooms and mobility-challenged accessible
- Comfortable chairs (no wheels and preferably with arms.
- Room to share and play individually with toys or play as a group.
- Refreshments

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.



- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>

MindCare Products to Consider

Date Clock	https://www.mindcaresite.com/Alzheimers-day-date-flip-clock-p/mc-0048.htm
Simple Music Player	https://www.mindcaresite.com/music-player-p/mc-2115.htm
Head Phones	https://www.mindcaresite.com/simple-headphones-elderly-p/mc-2118.htm
Art ball	https://www.mindcaresite.com/creative-activity-art-ball-p/mc-0206.htm
Busy Board	https://www.mindcaresite.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm
Busy Cube	https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm
Fidget Toy	
Widget toys	https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm
Fiddle Muff	https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Maze	https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm
Activity Apron	https://www.alzstore.com/fidget-busy-apron-p/0138.htm
Total Brain Health	https://www.alzstore.com/toolbox365-brain-health-training-activity-p/0082.htm
Toolbox	https://www.mindcaresite.com/activity-handyman-box-dementia-p/mc-0088.htm
Memory Cards	https://www.mindcaresite.com/conversation-photo-picture-cards-p/mc-0097.htm
Shake loose ALL	https://www.mindcaresite.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Alzheimer Proofing you Home	https://www.mindcaresite.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm
Bible Verses	https://www.alzstore.com/verses-from-the-bible-p/2153.htm
Everyday Fashion	https://www.alzstore.com/everyday-fashions-p/2206.htm
36-hour Day.	https://www.alzstore.com/36-Hour-Day-Book-for-Alzheimer-s-Care-p/2229.htm
Reusable Paint	https://www.alzstore.com/paint-with-water-coloring-sheets-p/2087.htm



Call to Mind	https://www.mindcaresstore.com/conversation-game-for-alzheimers-p/mc-h012.htm
Bird Puzzle	https://www.alzstore.com/bird-puzzles-w-tray-for-dementia-p/0230.htm
Puzzle set of 4	https://www.alzstore.com/farmland-puzzles-w-tray-for-dementia-p/0330.htm
Memory Cards	https://www.mindcaresstore.com/conversation-photo-picture-cards-p/mc-0097.htm
Aerobics for the mind	https://www.alzstore.com/exercise-memory-cards-p/0076.htm
Weighted body pad	https://www.mindcaresstore.com/weighted-lap-body-pad-sensory-anxiety-therapy-p/mc-m008.htm
Sensor Wrap	https://www.mindcaresstore.com/weighted-wrap-sensory-anxiety-therapy-p/mc-m010.htm
Puppies	https://www.alzstore.com/ambient-puppies-dvd-p/2096.htm
art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm
water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
Teepa (u pick 4)	https://www.mindcaresstore.com/teepa-snow-dvds-p/mc-0704.htm
Condition Cards	https://www.alzstore.com/i-have-a-condition-card-p/0342.htm
Lacing Card	https://www.alzstore.com/lacing-activity-for-elderly-with-Alzheimers-p/0213.htm
Magic Coloring book	https://www.mindcaresstore.com/magic-painting-book-p/mc-2080.htm
Christmas Coloring	https://www.mindcaresstore.com/Alzheimer-s-Christmas-magic-painting-book-p/mc-2082.htm
Snow Queen Coloring	https://www.mindcaresstore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Wood Puzzles (4)	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
Baby Doll Therapy	https://www.mindcaresstore.com/dementia-baby-doll-therapy-p/mc-0501.htm
Life Station	
w/accessories	https://www.alzstore.com/artist-life-station-p/1100.htm
Ungame for Seniors	https://www.mindcaresstore.com/ungame-for-seniors-p/mc-h010.htm
Match it Game (4)	https://www.alzstore.com/match-it-game-vintage-edition-p/3500.htm
All About Us game	https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
Dog Cat	https://www.mindcaresstore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm





Sample Memory Care Program Ideas for Public Libraries

Title: Storytelling and Oral History Projects for Adults with potential Memory Issues

Description:

Lifelong Learning Programs: Develop lifelong learning programs that cater to the interests and curiosities of seniors. This can include lectures, workshops, or discussion groups on topics such as history, science, literature, or current events. Learning together fosters intellectual stimulation and encourages social engagement.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Have an impact on the older adult population in your community in terms of social engagement and learning.

Length:

One hour

Agenda:

Several Options

Intergenerational Storytimes: Organize intergenerational storytimes where seniors and young children come together for storytelling sessions. This promotes social interaction, mutual learning, and intergenerational connections.



Lifelong Learning Programs: Develop lifelong learning programs that cater to the interests and curiosities of seniors. This can include lectures, workshops, or discussion groups on topics such as history, science, literature, or current events. Learning together fosters intellectual stimulation and encourages social engagement.

Memory Journals or Scrapbooks: Create memory journals or scrapbooks filled with photographs, mementos, and written descriptions of meaningful events or milestones. Encourage the person to review and discuss the contents of the journal to spark memories and facilitate storytelling.

Storytelling or Oral History Projects: Encourage the person to share stories or participate in an oral history project. Create a safe and supportive environment where they can freely express their memories and experiences. Record the stories, either in written or audio format, to preserve them for future generations.

Space, Logistics, Equipment, Materials and Supplies:

Standard workshop set ups with accommodations for mobility impaired.

Refreshments

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)



- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Social Engagement Programs for Adults with Memory Issues

Description:

Events timed to meet older adult schedules and meet their needs to connect with new friends – perhaps afternoon teas, meet & greets, etc.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Reducing social isolation and loneliness.

Length:

90 minutes with a drop-in anytime atmosphere.

Agenda:

A social area of the library - perhaps in a nicer room with art, a café, near a fireplace, a reading lounge, etc. allowing for seated and standing networking and engagement. While not exactly a party, there is a role for a dedicated host to introduce people and keep the event animated. A friendly atmosphere of neighbours meeting and greeting should be maintained.

Sometimes a performer, film, or short talk of interest to them or past history can extend the commitment.

Space, Logistics, Equipment, Materials and Supplies:

- Music, flowers, books, and pictures can help stimulate conversations and memories.
- Refreshments.
- A welcome from the Library Director or local leaders can help attendance.



Potential community partners and outreach:

- Town Council elected representatives.
- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

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Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

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- Other libraries
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Sample Memory Care Program Ideas for Public Libraries

Title: Cognitive Stimulation Therapy Programs for Adults with Memory Issues

Description:

Cognitive Stimulation: Activities that provide cognitive stimulation can help maintain cognitive function and slow cognitive decline. These activities include puzzles, word games, trivia, memory exercises, and brain-training apps specifically designed for individuals with dementia. They can help stimulate thinking, memory, attention, and problem-solving skills.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

To deliver and provide exemplars of effective cognitive stimulation programs and activities that can have an impact on the lives of those suffering from dementia.

Length:

60 minutes

Agenda:

Can we restore skills in people with dementia, aphasia, or Alzheimer's?

While it may not be possible to fully restore skills in individuals with dementia, aphasia, or Alzheimer's, there are interventions and strategies that can help maintain existing skills and potentially slow down the progression of cognitive decline. The effectiveness of these approaches may vary depending on the individual and the stage of their condition. Here are some interventions that can be beneficial:

- **Speech and Language Therapy:** Speech and language therapy can help individuals with aphasia improve their communication skills. Therapists use techniques such as word



retrieval exercises, language drills, and strategies to enhance comprehension and expression. While speech and language therapy cannot reverse the underlying condition, it can facilitate alternative communication methods and support functional communication.

- **Cognitive Stimulation:** Engaging in activities that provide cognitive stimulation, such as puzzles, memory games, or reminiscence therapy, can help maintain cognitive function and potentially slow down cognitive decline. These activities can target various cognitive domains like memory, attention, problem-solving, and language skills.
- **Physical Exercise:** Regular physical exercise has been shown to have positive effects on cognitive function and overall well-being. Physical activity promotes blood flow to the brain, enhances neuroplasticity, and may help reduce the risk of cognitive decline. Encourage individuals to engage in appropriate physical activities based on their abilities and preferences.
- **Social Engagement:** Maintaining social connections and engaging in social activities can have a positive impact on cognition and emotional well-being. Encourage individuals to participate in social activities, join support groups, or engage in meaningful interactions with family and friends. Social engagement can help stimulate cognitive abilities, reduce isolation, and enhance overall quality of life.
- **Assistive Technology:** There are various assistive technologies available that can support individuals with dementia, aphasia, or Alzheimer's. These technologies range from speech-generating devices and communication apps to reminders and prompts for daily activities. Assistive technology can aid in communication, memory support, and independent living.
- **Medication and Medical Management:** Medications prescribed by healthcare professionals may help manage symptoms and slow the progression of certain conditions. Consult with healthcare providers who specialize in dementia, aphasia, or Alzheimer's to explore appropriate medication options and potential benefits.

It's important to note that while these interventions may help maintain skills and improve quality of life, they do not provide a cure or complete restoration of cognitive abilities. Individual responses to interventions may vary, and it's important to work closely with healthcare professionals and specialists who can tailor interventions to the specific needs and abilities of the individual.

Additionally, providing a supportive and enabling environment, along with consistent care and emotional support, is crucial for individuals with these conditions. This includes creating a structured routine, providing clear communication, ensuring safety, and fostering a positive and calm atmosphere.

Space, Logistics, Equipment, Materials and Supplies:

Displays of toys, games, and activities.



An appropriate area that welcomes those with good seating (no wheels and armed chairs) mobility issues, their caregivers, and allows for socializing too.

Refreshments.

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

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Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries



- MindCare: <https://www.mindcaresore.com/>



Sample Memory Care Program Ideas for Public Libraries

Title: Reminiscence Therapy Programs for Adults with Memory Issues

Description:

Reminiscence Therapy: Reminiscence activities involve recalling and discussing past experiences and memories. This can include looking at photo albums, listening to familiar music, watching old movies, or engaging in conversation about significant life events. Reminiscence therapy promotes social interaction, stimulates memory, and fosters a sense of identity and self-worth.

Potential Audiences:

- Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
- Caregivers
- Family Members
- Healthcare Professionals including doctors, nurses, social workers, and therapists.
- Community Organizations and Volunteers
- General Public

Goal:

Brain and memory exercise in an engaging and fun way.

Length:

45 to 60 minutes.

Agenda:

Bring your cameras and photo albums.

Select pictures from the town archives of engaging events and buildings to spark memories.

Consider intergenerational activities – tell me a story Mom/Grandma, etc.

Consider recording their stories (and voices) for family and friends as local history.

Try a regular scanning event of pictures using themes.

Space, Logistics, Equipment, Materials and Supplies



- Tables and chairs
- Room with electricity meeting the needs of acoustics for many conversations.
- Scanner
- Monitors for digital photos.
- Local history archival photos

Potential community partners and outreach:

- Archives, museums, and photography clubs
- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

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Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest



- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Montessori-Based Activities for Adults with Memory Issues

Description:

Montessori-Based Activities: Montessori-based activities adapt the principles of the Montessori method for individuals with cognitive impairments. These activities involve providing structured and purposeful tasks that match the person's abilities and interests. Examples include sorting objects, arranging items, or engaging in crafts. Montessori-based activities promote independence, cognitive stimulation, and a sense of accomplishment.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Develop respectful and impactful learning and engagement activities for persons with memory issues using a principle-based approach.

Length:

45 to 60 Minutes

Agenda:

While the Montessori method is primarily associated with early childhood education, the principles and philosophy behind it can also be applied to older adults in various settings, such as senior living communities or adult education programs. Here are some key principles of applying the Montessori method to older adults:

1. Respect for the Individual: Just as in the Montessori approach for children, the Montessori method for older adults emphasizes respect for the individual. Each older



adult is recognized as having unique abilities, interests, and experiences. Their dignity, autonomy, and individuality are respected and honored.

2. **Independence and Self-Directed Learning:** Older adults are encouraged to maintain their independence and engage in self-directed learning. They have the freedom to choose activities and pursue areas of interest that contribute to their personal growth and well-being. This autonomy fosters a sense of purpose and self-esteem.
3. **Prepared Environment:** The environment in which older adults engage in activities and learning is carefully prepared to support their needs and abilities. It is organized, accessible, and tailored to promote independent functioning and engagement. The environment may include various materials, resources, and tools that cater to different interests and learning styles.
4. **Lifelong Learning:** The Montessori method recognizes that learning is a lifelong process. Older adults are encouraged to pursue learning opportunities that are meaningful and relevant to their lives. This can include activities such as continuing education classes, artistic pursuits, cognitive exercises, and skill development.
5. **Multi-Sensory Engagement:** Similar to the Montessori method for children, incorporating multi-sensory engagement is beneficial for older adults. Hands-on activities, visual aids, auditory stimulation, and tactile experiences can enhance learning and cognitive function. This approach acknowledges the diversity of learning styles and promotes cognitive and sensory stimulation.
6. **Social Interaction and Collaboration:** Just as in the Montessori classrooms, social interaction and collaboration are vital for older adults. Creating opportunities for older adults to engage with their peers, share experiences, and collaborate on projects or activities fosters a sense of community, support, and social well-being.
7. **Person-Centered Care:** The Montessori method for older adults emphasizes person-centered care. It involves understanding and respecting the individual's preferences, needs, and goals. Caregivers, educators, and staff work in partnership with older adults to develop personalized plans and support their overall well-being.
8. **Purposeful Activities:** Engaging older adults in purposeful activities that have meaning and relevance to their lives is an important aspect of the Montessori method. Meaningful activities can promote a sense of fulfillment, purpose, and a connection to their past experiences. This can include hobbies, volunteer work, reminiscence activities, and intergenerational programs.

By applying the principles of the Montessori method to older adults, it aims to promote their overall well-being, independence, and quality of life. It recognizes the continued potential for growth, learning, and engagement in later stages of life, and provides a framework for meaningful and fulfilling experiences.

Space, Logistics, Equipment, Materials and Supplies:

The usual program requirements adapted for seniors and caregivers.



Refreshments

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
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Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Reality Orientation Therapy for Adults with Memory Issues

Description:

Reality Orientation Therapy (ROT): ROT involves providing individuals with orientation and reminders about their current time, place, and personal details. This can be done through verbal cues, calendars, clocks, and other visual aids. ROT helps individuals maintain a sense of time, place, and identity, reducing confusion and disorientation.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Reinforce "today" and time and place orientation.

Length:

45 to 60 minutes

Agenda:

Reality Orientation: CST may incorporate elements of reality orientation, which aim to provide individuals with cues and reminders about time, place, and personal identity. This can include discussions about current events, using calendars, or engaging in activities that relate to their personal history.

What is reality orientation for seniors?

Reality orientation is a therapeutic technique used with seniors, particularly those with cognitive impairments or memory loss, to help them maintain a sense of reality, orientation, and awareness of their surroundings. It involves providing individuals with cues, reminders, and



structured information about time, place, person, and current events to reduce confusion, disorientation, and promote a better understanding of their environment.

Here are some key aspects of reality orientation for seniors:

- **Time Orientation:** Reality orientation helps seniors understand and stay oriented to the current time and date. It may involve displaying calendars, clocks, or electronic devices with visible time and date information. Reminders about daily routines, activities, or upcoming events can also aid in time orientation.
- **Place Orientation:** This aspect of reality orientation helps seniors recognize and understand their physical location. Visual cues such as signs, labels, or maps can be helpful in assisting seniors in recognizing familiar places or rooms within their living environment. Clear signage and consistent room layouts can contribute to place orientation as well.
- **Person Orientation:** Maintaining awareness of one's own identity and recognizing important people in their lives is another goal of reality orientation. Seniors may be provided with personal items, photographs, or mementos to help trigger memories and promote recognition of themselves and their loved ones. Engaging in conversations about family, relationships, and personal history can also support person orientation.
- **Current Events and News:** Keeping seniors updated and informed about current events, news, and relevant topics can provide a sense of connection with the world around them. Sharing news articles, discussing recent events, or watching news programs together can help individuals stay engaged and maintain a sense of reality.
- **Sensory Stimulation:** Sensory stimulation can be integrated into reality orientation to enhance awareness and engagement. This can involve utilizing sensory cues such as aromatherapy, music, or tactile objects related to specific times, places, or events to evoke memories and create a multi-sensory experience.
- **Personalized Approach:** Reality orientation should be tailored to the individual's cognitive abilities, preferences, and needs. It's important to provide information and cues in a patient, respectful, and non-confrontational manner, adapting to each person's unique circumstances and level of cognitive functioning.

The overall aim of reality orientation is to reduce confusion, increase orientation, and enhance overall well-being by promoting a sense of reality and connection with the present. It can be implemented by family members, caregivers, or professionals in various settings, including memory care facilities, hospitals, or home-based care. Additionally, reality orientation is often integrated into broader dementia care programs and interventions to support individuals with cognitive impairments and memory loss.

Space, Logistics, Equipment, Materials and Supplies:

One on one space. Small groups.



Space for dyads for caregivers and family.

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
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- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

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- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>

Sample Products to consider from MindCare:



<https://www.alzstore.com/artist-life-station-p/1100.htm>

- Simple Music Player
- Door Murals Peel & Stick - Fire-Rated | 'Bookcase'
- Artist Life Station
- Memory Box
- Laundry Life Station
- Door Murals Peel & Stick - Fire-Rated | 'Bricks & Vine'
- Wall Clock with Day and Date (several options)
- Gardening Life Station
- Memory Cue Box
- Handyman Life Station





Sample Memory Care Program Ideas for Public Libraries

Title: Sensory Storytimes for Adults with Memory Issues

Description:

Sensory Stimulation Therapy: Sensory-based activities can be calming and enjoyable for individuals with dementia. Providing sensory stimulation through activities like aromatherapy, hand massages, or tactile objects can help individuals relax, engage their senses, and promote a sense of well-being.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Using sensory activities to engage audiences and inspire memories. Scent is one of the strongest memory triggers. Develop a Scent Library.

Length:

30-45 minutes

Agenda:

Multisensory Approaches: Engaging multiple senses can enhance memory and cognitive functioning. For example, incorporating music, aromatherapy, tactile objects, or multisensory activities into memory tasks can improve engagement, recall, and overall cognitive stimulation.

Memory Care Kits: Develop memory care kits that include materials such as memory games, puzzles, reminiscence therapy aids, and sensory objects. These kits can be loaned out to individuals with cognitive impairments and their caregivers, providing them with engaging and stimulating activities.



Sensory Storytimes: Organize sensory storytimes designed specifically for individuals with cognitive impairments. These sessions can incorporate music, movement, visual aids, and interactive storytelling to engage participants. Offer a welcoming and inclusive environment for individuals with different abilities.

Sensory Stimulation Items: Sensory objects engage various senses and can provide comfort and relaxation. These may include stress balls, textured objects, scented items, or items with different sounds and tactile properties.

Scent Library: Using scent to trigger memories – baby powder, automotive oil, spices, etc. Guess the scent activity and what does it make you recall/remember?

Space, Logistics, Equipment, Materials and Supplies:

Sensory items

The usual program set-up adapted for an audience with potential mobility issues.

Refreshment

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.



Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Memory Care Kits for Adults with Memory Issues

Description:

Memory Care Kits: Develop memory care kits that include materials such as memory games, puzzles, reminiscence therapy aids, and sensory objects. These kits can be loaned out to individuals with cognitive impairments and their caregivers, providing them with engaging and stimulating activities.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Creating a lendable collection of critical mass with programmed training for caregivers and library members.

Length:

1 to two-week lending

Agenda:

A show and tell programs of the collection with tips and tricks on who to use these items in the library or at home (where lendable).

Start with a staff development session. Record it, when possible, for orientation and review.

Space, Logistics, Equipment, Materials and Supplies:

Just the collection and a program animator.



Lecture facing demonstration with space for added play time.

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
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Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>



MindCare Products to Consider

MindCare has two major kits, but we also encourage you to mix and match and create your own:

Package A

Date Clock

<https://www.mindcaresore.com/Alzheimers-day-date-flip-clock-p/mc-0048.htm>

Simple Music Player

(1to have
and 1 to
loan).

<https://www.mindcaresore.com/music-player-p/mc-2115.htm>

Head Phones

<https://www.mindcaresore.com/simple-headphones-elderly-p/mc-2118.htm>

Fidgets

Art ball

<https://www.mindcaresore.com/creative-activity-art-ball-p/mc-0206.htm>

Busy Board

<https://www.mindcaresore.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm>

Busy Cube
fidget Toy

<https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm>

Widget toys

<https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm>

Fiddle Muff

<https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm>

Maze

<https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm>

Activity apron

<https://www.alzstore.com/fidget-busy-apron-p/0138.htm>

Date Clock

<https://www.mindcaresore.com/Alzheimers-day-date-flip-clock-p/mc-0048.htm>

Green Only

<https://www.mindcaresore.com/music-player-p/mc-2115.htm>

Head Phones

<https://www.mindcaresore.com/simple-headphones-elderly-p/mc-2118.htm>

Art ball

<https://www.mindcaresore.com/creative-activity-art-ball-p/mc-0206.htm>

Busy Board

<https://www.mindcaresore.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm>

Busy Cube
Fidget Toy

<https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm>



Widget toys	https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm
Fiddle Muff	https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Maze	https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm
Activity Apron	https://www.alzstore.com/fidget-busy-apron-p/0138.htm
Total Brain Health	https://www.alzstore.com/toolbox365-brain-health-training-activity-p/0082.htm
Toolbox	https://www.mindcaresore.com/activity-handyman-box-dementia-p/mc-0088.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Shake loose ALL	https://www.mindcaresore.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Alzheimer Proofing you Home	https://www.mindcaresore.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm
Bible Verses	https://www.alzstore.com/verses-from-the-bible-p/2153.htm
Everyday Fashion	https://www.alzstore.com/everyday-fashions-p/2206.htm
36-hour Day.	https://www.alzstore.com/36-Hour-Day-Book-for-Alzheimer-s-Care-p/2229.htm
Reusable Paint	https://www.alzstore.com/paint-with-water-coloring-sheets-p/2087.htm
Call to Mind	https://www.mindcaresore.com/conversation-game-for-alzheimers-p/mc-h012.htm
Bird Puzzle	https://www.alzstore.com/bird-puzzles-w-tray-for-dementia-p/0230.htm
Puzzle set of 4	https://www.alzstore.com/farmland-puzzles-w-tray-for-dementia-p/0330.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Aerobics for the mind	https://www.alzstore.com/exercise-memory-cards-p/0076.htm
Weighted body pad	https://www.mindcaresore.com/weighted-lap-body-pad-sensory-anxiety-therapy-p/mc-m008.htm
Sensor Wrap	https://www.mindcaresore.com/weighted-wrap-sensory-anxiety-therapy-p/mc-m010.htm
Puppies	https://www.alzstore.com/ambient-puppies-dvd-p/2096.htm
art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm
water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
Teepa (u pick 4)	https://www.mindcaresore.com/teepa-snow-dvds-p/mc-0704.htm
Condition Cards	https://www.alzstore.com/i-have-a-condition-card-p/0342.htm
Lacing Card	https://www.alzstore.com/lacing-activity-for-elderly-with-Alzheimers-p/0213.htm
Magic Coloring book	https://www.mindcaresore.com/magic-painting-book-p/mc-2080.htm



Christmas Coloring	https://www.mindcaresore.com/Alzheimer-s-Christmas-magic-painting-book-p/mc-2082.htm
Snow Queen Coloring	https://www.mindcaresore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Wood Puzzles (4)	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
Baby Doll Therapy Life Station w/accessories	https://www.mindcaresore.com/dementia-baby-doll-therapy-p/mc-0501.htm https://www.alzstore.com/artist-life-station-p/1100.htm
Ungame for Seniors	https://www.mindcaresore.com/ungame-for-seniors-p/mc-h010.htm
Match it Game (4)	https://www.alzstore.com/match-it-game-vintage-edition-p/3500.htm
All About Us game	https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
Dog Cat	https://www.mindcaresore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm





Sample Memory Care Program Ideas for Public Libraries

Title: Memory Cafés for Adults with Memory Issues

Description:

A Café model for engaging with adults and caregivers.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

A safe place for people with dementia to socialize and spend quality time.

Length:

One hour

Agenda:

This can be done indoors or outdoors with proper safety precautions.

1. Gentle Exercise: Physical activity is important for maintaining physical health and mobility. Gentle exercises, such as chair exercises, stretching, walking, or modified yoga, can help improve strength, balance, and flexibility. Exercise programs specifically designed for individuals with dementia can provide guidance and ensure safety.
2. Nature and Outdoor Activities: Spending time in nature or engaging in outdoor activities can have a positive impact on mood and well-being. Going for a walk in a garden, sitting in a park, or participating in horticultural therapy can provide a sense of connection with the natural world and offer opportunities for physical activity and social interaction.
3. Pet Therapy: Interactions with animals, such as therapy dogs or cats, can bring joy and comfort to individuals with dementia. Pet therapy has been shown to reduce anxiety,



improve mood, and encourage social engagement. The presence of animals can provide companionship and a sense of purpose.

Do something outside.

1. Take a walk.
2. Plant flowers.
3. Water plants.
4. Feed the birds.
5. Rake leaves.
6. Go to the park.
7. Sit on a bench or a swing.
8. Watch dogs at a dog park.
9. Play catch or toss a ball.
10. Play horseshoes.
11. Visit a beach or forest preserve.
12. Sweep the porch or patio.
13. Set up a picnic on the lawn or in the backyard.
14. Sit on the porch and drink coffee, hot chocolate, or lemonade.

Do something inside.

- Listen to the person's favorite music.
- Look at family photo albums.
- Prepare afternoon tea.
- Watch a favorite sport on television.
- Model with play dough.
- Play checkers or dominos.
- Name the presidents.
- Look at photos in a photography book or magazine.
- Identify states on a U.S. map.
- Complete a puzzle together.
- Read from one of their favorite books.
- Watch a favorite movie or sitcom.
- Watch a sporting event.
- Ask the person about his or her childhood, siblings, school, pets or first car.
- Read the newspaper together or read it to them.
- Play a card game.

Do something personal.

- Give the person a hand massage with lotion.
- Brush his or her hair.



- Give the person a manicure.
- Take photos of the person and make a collage.
- Encourage the person to talk more about subjects they enjoy.
- Make a family tree posterboard.

Do something in the kitchen.

- Bake cookies or bread.
- Set the table.
- Make the person's favorite lunch or snack.
- Wash and dry dishes.
- Put silverware away.

Celebrate family holiday traditions.

- Listen to favorite holiday music.
- Bake holiday desserts.
- Color eggs.
- Decorate a tree.
- Create holiday greeting cards.
- Watch a favorite holiday movie.
- Play a piano or guitar and sing holiday songs.

It doesn't matter if the activity needs to be done or if it is done well. If it doesn't work, you can always try something else. Be patient and you will figure out what works.

Space, Logistics, Equipment, Materials and Supplies:

Local parks or library grounds
 Picnic area
 Event space or room
 Music player
 Refreshments
 Toys and Games
 Craft supplies

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations



- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

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Headphones	https://www.mindcaresite.com/simple-headphones-elderly-p/mc-2118.htm
Art ball	https://www.mindcaresite.com/creative-activity-art-ball-p/mc-0206.htm
Busy Board	https://www.mindcaresite.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm



Busy Cube	https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm
Fidget Toy	
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art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm
water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
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Wood Puzzles (4)	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
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Dog Cat	https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
	https://www.mindcaresore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm





Sample Memory Care Program Ideas for Public Libraries

Title: Assistive Technology Training Support for Adults with Memory Issues

Description:

Technology Training: Provide technology training sessions tailored to seniors, including those with cognitive impairments. Offer workshops on using smartphones, tablets, or other devices to facilitate communication, memory aids, and engagement with digital resources. Ensure sessions are accessible and consider incorporating assistive technology demonstrations.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Introduce Assistive Technology Innovations: There are various assistive technologies available that can support individuals with dementia, aphasia, or Alzheimer's. These technologies range from speech-generating devices and communication apps to reminders and prompts for daily activities. Assistive technology can aid in communication, memory support, and independent living.

Length:

45-60 minutes

Agenda:

What are assistive devices for seniors in memory care?

Assistive devices for seniors in memory care are specially designed tools or technologies that help individuals with memory impairments or cognitive challenges perform daily activities more independently and safely. These devices aim to enhance their quality of life, promote functional



abilities, and support their overall well-being. Here are some examples of assistive devices commonly used in memory care settings:

- **Memory Aids:** These devices help individuals with memory impairments remember important information and daily routines. Examples include electronic reminder systems, medication organizers with alarms, pill dispensers, and voice-activated digital assistants that can provide verbal reminders and prompts.
- **GPS Trackers:** GPS tracking devices can be used to locate seniors with memory impairments who may be at risk of wandering or getting lost. These devices can be worn as bracelets, pendants, or attached to clothing, allowing caregivers to track their location and ensure their safety.
- **Electronic Monitoring Systems:** These systems use sensors and cameras to monitor the safety and well-being of seniors in memory care. They can detect falls, monitor room temperature, track movement patterns, and provide real-time alerts to caregivers or staff members.
- **Adaptive Clothing:** Adaptive clothing is designed to be easy to put on and remove, assisting individuals with dressing independently. It may include features like Velcro closures, magnetic buttons, elastic waistbands, or clothing with front or back openings for convenience.
- **Talking or Large Print Clocks:** Clocks with large, easy-to-read displays or those that announce the time audibly can help individuals with memory impairments maintain a sense of time and reduce confusion about the hour of the day.
- **Safety Devices:** Safety devices include items like bed alarms, door alarms, stove guards, and motion sensor lights. These devices can help prevent accidents and promote a secure environment for individuals with memory impairments.
- **Electronic Memory Aids:** There are various electronic devices and applications available specifically designed to support memory and cognition. These may include digital memo recorders, digital photo frames with voice recordings, electronic schedulers, or smartphone apps that provide memory prompts and reminders.
- **Communication Aids:** Communication aids can assist individuals with memory impairments in expressing their needs and communicating effectively. Examples include communication boards with pictures or words, language translation devices, or speech-to-text apps.
- **Adaptive Eating and Drinking Aids:** These aids include specially designed utensils, cups, and plates with ergonomic handles, non-slip bases, or modified shapes to make eating and drinking easier and more comfortable.
- **Home Safety Modifications:** Modifying the home environment can improve safety and reduce the risk of accidents for individuals with memory impairments. Examples include installing grab bars in bathrooms, removing tripping hazards, securing rugs, and using color-coded labels or signs for easy navigation.



It's important to note that the specific assistive devices needed may vary depending on the individual's needs, abilities, and stage of memory impairment. Consulting with healthcare professionals, occupational therapists, or specialists in memory care can help determine the most appropriate assistive devices for seniors in memory care based on their unique circumstances and requirements.

Space, Logistics, Equipment, Materials and Supplies:

Space will differ for caregiver groups vs caregiver/adult pairs for individual attention and training.

Borrowable tools or BYOD

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.



- Engage partners and outreach sites in evaluation.

Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>

MindCare Products to Consider for review:

- Photo Phone w/ Big Buttons by SMPL
- GPS Tracking Watch for Wandering Prevention | Theora Care
- Memory Phone
- Senior Cell Phone w/ Picture Dialing + GPS for All Networks
- Door Alarm with Keypad
- Memory Picture Phone for Seniors - Amplified
- teleCalm | Block Unwanted Calls





Sample Memory Care Program Ideas for Public Libraries

Title: Intergenerational Programs for Adults with Memory Issues

Description:

Intergenerational Programs: Develop intergenerational programs that bring together older adults and children or teenagers. These programs can include reading buddy programs, mentorship initiatives, or collaborative arts and crafts activities. Encourage interactions that promote socialization, understanding, and mutual support.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Connect adults with their parents and kids with their grandparents and other seniors.

Length:

90 Minutes

Agenda:

Intergenerational Programs: Facilitate interactions between seniors and younger generations through intergenerational programs. This can involve partnering with schools, daycare centers, or youth organizations to create opportunities for shared activities, mentorship, or learning experiences.

Intergenerational Storytimes: Organize intergenerational storytimes where seniors and young children come together for storytelling sessions. This promotes social interaction, mutual learning, and intergenerational connections.



Intergenerational Photography: Create generational memories. Photos, recordings, podcasts, and videos. Team creators with seniors to make and edit photos and videos to share with family and friends.

Space, Logistics, Equipment, Materials and Supplies:

Studio set-up or one-on-one set-ups.
Graphics and video/photo editing software.
Color printers
Refreshments

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.



Tips: Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Outreach Programs for Adults with Memory Issues

Description:

Community Outreach Programs: Organize outreach programs where library staff and volunteers visit local senior centers, retirement communities, or homebound seniors to provide book deliveries, engage in conversations, or facilitate small group activities. These programs extend library services to seniors who may have limited mobility or face barriers to visiting the library.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Outreach Services: Extend library services to reach individuals who may have difficulty accessing the library due to mobility or cognitive challenges. Offer home delivery services for library materials, including books, audiobooks, and memory care kits. Coordinate with caregivers or home care agencies to identify individuals who would benefit from these services.

Length:

One hour off-site

Agenda:

Any of the programs outlined in this document.

Interview the target caregivers and possibly the audiences, about what they need or are interested in.

Space, Logistics, Equipment, Materials and Supplies:



Bring the toys, games, etc.

Use program or partner staff resources.

Consider train the trainer programs to extend the impact.

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips:

Outreach Resources for Services to Older Adults

Website: American Library Association



<http://www.ala.org/advocacy/diversity/outreachtounderservedpopulations/servicesolder>

This page has guidance and resources for providing outreach to older adults.

The Power of Community Outreach Meeting the Demands of the Growing Senior Population,

December 8, 2017

Website: Public Libraries Online

<http://publiclibrariesonline.org/2017/12/the-power-of-community-outreach-meeting-the-demands-of-the-growing-senior-population/>

This article discusses outreach when working with older adults. It includes the different challenges faced and the types of services that can be provided to meet their community needs.

MindCare Products to Consider

Date Clock	https://www.mindcaresstore.com/Alzheimers-day-date-flip-clock-p/mc-0048.htm
Simple Music Player	https://www.mindcaresstore.com/music-player-p/mc-2115.htm https://www.mindcaresstore.com/simple-headphones-elderly-p/mc-2118.htm
Headphones	https://www.mindcaresstore.com/simple-headphones-elderly-p/mc-2118.htm
Art ball	https://www.mindcaresstore.com/creative-activity-art-ball-p/mc-0206.htm https://www.mindcaresstore.com/Busy-Work-Activity-Board-Alzheimers-p/mc-0207.htm
Busy Board	https://www.alzstore.com/dementia-sensory-tactile-busy-fidget-cube-p/0221.htm
Busy Cube	
Fidget Toy	
Widget toys	https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Fiddle Muff	https://www.alzstore.com/fur-fiddle-hand-muffs-alzheimers-activity-p/0216.htm
Maze	https://www.alzstore.com/marble-mazes-activity-for-dementia-p/0219.htm
Activity Apron	https://www.alzstore.com/fidget-busy-apron-p/0138.htm https://www.alzstore.com/toolbox365-brain-health-training-activity-p/0082.htm
Total Brain Health	https://www.mindcaresstore.com/activity-handyman-box-dementia-p/mc-0088.htm
Toolbox	https://www.mindcaresstore.com/activity-handyman-box-dementia-p/mc-0088.htm https://www.mindcaresstore.com/conversation-photo-picture-cards-p/mc-0097.htm
Memory Cards	https://www.mindcaresstore.com/conversation-photo-picture-cards-p/mc-0097.htm https://www.mindcaresstore.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Shake loose ALL	https://www.mindcaresstore.com/shake-loose-a-memory-game-p/mc-0339-0004.htm
Alzheimer Proofing you Home	https://www.mindcaresstore.com/complete-guide-to-alzheimers-proofing-your-home-p/mc-2149.htm
Bible Verses	https://www.alzstore.com/verses-from-the-bible-p/2153.htm
Everyday Fashion	https://www.alzstore.com/everyday-fashions-p/2206.htm



36-hour Day.	https://www.alzstore.com/36-Hour-Day-Book-for-Alzheimer-s-Care-p/2229.htm
Reusable Paint	https://www.alzstore.com/paint-with-water-coloring-sheets-p/2087.htm
Call to Mind	https://www.mindcaresore.com/conversation-game-for-alzheimers-p/mc-h012.htm
Bird Puzzle	https://www.alzstore.com/bird-puzzles-w-tray-for-dementia-p/0230.htm
Puzzle set of 4	https://www.alzstore.com/farmland-puzzles-w-tray-for-dementia-p/0330.htm
Memory Cards	https://www.mindcaresore.com/conversation-photo-picture-cards-p/mc-0097.htm
Aerobics for the mind	https://www.alzstore.com/exercise-memory-cards-p/0076.htm
Weighted body pad	https://www.mindcaresore.com/weighted-lap-body-pad-sensory-anxiety-therapy-p/mc-m008.htm
Sensor Wrap	https://www.mindcaresore.com/weighted-wrap-sensory-anxiety-therapy-p/mc-m010.htm
Puppies	https://www.alzstore.com/ambient-puppies-dvd-p/2096.htm
art	https://www.alzstore.com/ambient-art-dvd-p/2098.htm
water	https://www.alzstore.com/ambient-water-dvd-p/2099.htm
Bathing w/o battle	https://www.alzstore.com/bathing-without-a-battle-dvd-p/2059.htm
Teepa (u pick 4)	https://www.mindcaresore.com/teepa-snow-dvds-p/mc-0704.htm
Condition Cards	https://www.alzstore.com/i-have-a-condition-card-p/0342.htm
Lacing Card	https://www.alzstore.com/lacing-activity-for-elderly-with-Alzheimers-p/0213.htm
Magic Coloring book	https://www.mindcaresore.com/magic-painting-book-p/mc-2080.htm
Christmas Coloring	https://www.mindcaresore.com/Alzheimer-s-Christmas-magic-painting-book-p/mc-2082.htm
Snow Queen Coloring	https://www.mindcaresore.com/Alzheimer-s-Snow-Queen-magic-painting-book-p/mc-2084.htm
Wood Puzzles (4)	https://www.alzstore.com/wooden-puzzles-w-tray-for-dementia-p/2086.htm
Baby Doll Therapy	https://www.mindcaresore.com/dementia-baby-doll-therapy-p/mc-0501.htm
Life Station	
w/accessories	https://www.alzstore.com/artist-life-station-p/1100.htm
Ungame for Seniors	https://www.mindcaresore.com/ungame-for-seniors-p/mc-h010.htm
Match it Game (4)	https://www.alzstore.com/match-it-game-vintage-edition-p/3500.htm
All About Us game	https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm
Dog Cat	https://www.mindcaresore.com/Joy-For-All-Pets-Companion-Alzheimer-doll-therapy-p/mc-0604.htm





Sample Memory Care Program Ideas for Public Libraries

Title: Craft and Creative Programs for Adults with Memory Issues

Description:

Craft programs for Seniors with memory issues.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Create an engaging program for creation – painting, crafting, etc. – that allows for social opportunities as well as adapted tools for handling dextrous issues.

Length:

60-90 minutes

Agenda:

It really is just a normal craft program adapted for adult interests and adapted for physical and memory difficulties caused by aging.

Space, Logistics, Equipment, Materials and Supplies:

Craft supplies

Table and chairs

Room that easy to clean up 'mess'.

Potential community partners and outreach:



- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions

When approaching these organizations, it is helpful to have a clear vision of the library's goals and resources. Be open to discussing potential partnerships, sharing ideas, and identifying areas where collaboration can benefit both parties. Building strong relationships with these organizations can enhance the library's capacity to serve individuals with dementia and their families effectively.

Marketing:

- Pick and test a great and non-stigmatized program title.
- Work with your partners to communicate with potential participants and caregivers.
- Search and engage with local networks, seniors club and residences, and social media (LinkedIn, Instagram, Facebook, TikTok, Twitter, etc.)
- Consider outreach and off-site programs.

Evaluation:

- Ask participants and caregivers for feedback for impact and improvement.
- Evaluate your program as a series and as an event.
- Collect feedback and testimonials.
- Engage partners and outreach sites in evaluation.

Tips:

Look to the following websites for inspiration:

- Pinterest
- Association websites
- Other libraries
- MindCare: <https://www.mindcaresore.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Memory Circles for Adults with Memory Issues

Description:

Memory Circles are just like they sound. People sitting around a table, fireplace, or in a circle are encouraged to talk. These work just as well for teen groups, LGBT Groups, seniors, and caregivers but work very well to activate minds and memories for people who are challenged with memory issues.

Potential Audiences:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Connect adults with their others, other seniors, and their caregivers.

Length:

60 Minutes

Agenda:

How do we do a conversation circle for people with dementia and Alzheimer's?

Creating a conversation circle for people with dementia and Alzheimer's requires a unique and compassionate approach to facilitate meaningful interactions and support. Here's how to organize a conversation circle for individuals with dementia and Alzheimer's:

1. Define the Purpose and Goals:

Clearly define the purpose of the conversation circle, which should focus on providing a supportive and engaging social experience for participants.



Set goals such as promoting social interaction, reducing isolation, and enhancing the participants' sense of well-being.

2. Choose a Facilitator:

Select a facilitator who has experience working with individuals with dementia and Alzheimer's. This person should be patient, empathetic, and skilled in communication techniques suitable for this population.

3. Determine Logistics:

Decide on the frequency and duration of the meetings. Shorter, more frequent sessions (e.g., 30-45 minutes) may be more suitable than longer ones.

Choose a safe and comfortable location, such as a community center, memory care facility, or an online platform if necessary.

4. Create a Supportive Environment:

Ensure that the physical or virtual environment is calming and free from distractions.

Use comfortable seating arrangements, soft lighting, and minimal background noise.

5. Plan Engaging Activities:

Instead of traditional conversations, focus on engaging activities that stimulate memory, creativity, and social interaction. Activities can include:

Reminiscence sessions where participants share memories from their past.

Creative activities like art, music, or storytelling.

Group games or puzzles specifically designed for individuals with cognitive impairments.

Sensory experiences, such as handling textured objects or listening to soothing music.

6. Use Visual and Tactile Aids:

Incorporate visual aids and props to facilitate communication. Visual cues, photos, and tactile materials can help trigger memories and promote engagement.

7. Encourage Participation and Active Listening:

Encourage participants to share their thoughts, memories, or responses during activities.

Use simple and clear language, maintaining a calm and patient tone.

Ensure that everyone's contributions are acknowledged and respected.

8. Be Flexible and Adapt:



Be prepared to adapt to the participants' needs and abilities. Not every session will be the same, and flexibility is key to accommodating different cognitive levels.

9. Supportive Caregivers and Family Involvement:

Invite caregivers or family members to participate in some sessions or provide separate caregiver support sessions.

10. Maintain Consistency: - Keep a consistent schedule for the conversation circle to establish a routine and provide a sense of predictability for participants.

11. Evaluate and Adjust: - Regularly assess the effectiveness of the conversation circle by seeking feedback from participants, caregivers, and facilitators. Adjust the activities and format accordingly.

12. Compassion and Patience: - Above all, approach the conversation circle with compassion, patience, and a non-judgmental attitude. Be prepared for moments of confusion or repetition, and handle them with empathy.

13. Documentation: - Keep records or notes on each session, which can be helpful for tracking participants' preferences and progress.

The primary goal of a conversation circle for individuals with dementia and Alzheimer's is to provide a supportive and enjoyable experience that enhances their quality of life. It can also provide a sense of connection and belonging that is especially important for those dealing with cognitive challenges.

Space, Logistics, Equipment, Materials and Supplies:

Craft supplies

Table and chairs

Room that easy to clean up 'mess'.

Potential community partners and outreach:

- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
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Tips:

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- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>





Sample Memory Care Program Ideas for Public Libraries

Title: Design Your Own Program for Adults with Memory Issues

Description: Template

Potential Audiences:

Choose from:

1. Individuals with Memory Issues including Dementia, Alzheimer's, and Aphasia.
2. Caregivers
3. Family Members
4. Healthcare Professionals including doctors, nurses, social workers, and therapists.
5. Community Organizations and Volunteers
6. General Public

Goal:

Length:

Agenda:

Space, Logistics, Equipment, Materials and Supplies:

Potential community partners and outreach:

Choose from:

- Town Council elected representatives.
- Alzheimer's Association
- Dementia-friendly Communities
- Memory Care Facilities and Senior Centers
- Healthcare Providers and Social Service Agencies
- Aging and Gerontology Organizations
- Nonprofit Organizations
- Community Support Groups
- Local Universities, Colleges, and Research Institutions



Marketing:

Evaluation:

Tips: Look to the following websites for inspiration:

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- Association websites
- Other libraries
- MindCare: <https://www.mindcaresite.com/>



Resources and Suppliers for Memory Care

With humility, we offer hundreds of items that help with memory care programming as well as for caregivers working with their families and clients.

For quick review you can visit our websites for libraries:

<https://www.mindcarestore.com/Libraries>

We also offer this complete list of white papers and presentations for public libraries:

Memory Care Programs in Public Libraries: Backgrounder and FAQ (101-page PDF)

Directory of Memory Care Program Ideas (93-page PDF)

Sample Memory Care Program Template for Public Libraries: ALA Edition (3-page PDF)

Memory Care Infographics in Public Libraries: Education, Advocacy, and Marketing Inspirations and Links for ALA Conference (61-page PDF)

Products and Ideas that You May have Never Imagined are Available to Help! (104-page PDF)

Caregiver Presentation: Products and Ideas that You May have Never Imagined are Available to Help! (104 slide editable PPT)

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