



The Activity Year Book: A Week by Week Guide for Use in Elderly Day and Residential Care

Anni Bowden

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

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Clarence Lowery:

Playing with family in a park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Activity Year Book: A Week by Week Guide for Use in Elderly Day and Residential Care, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

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