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Web Links for Brain Training

[Mental activity may reduce dementia risk](#)

Regularly using your cognitive skills and exercising your brain builds a reserve of healthy and efficient brain cells and connections.

[Research on the benefits of memory training](#)

This page gives details of several studies on the benefits of memory training to help older adults improve memory functioning as well as potentially minimising memory loss.

[Free brain age games](#)

Measure your brain age in 2 minutes by playing some fun games

[Click here for more web links](#)

Library Resources

[Here's a sample of a reading list](#) on brain training.

You can [search our library catalogue](#) online by visiting our library catalogue.

Cherie's Great Adventure



Care home proprietor, postgraduate student, mother and carer, Cherie Callender will be taking part in a charity trek along a section of the Great Wall of China. She will be walking on many different terrains for up to 8 hours

a day for 7 days, raising money for dementia research. All proceeds will be donated to the Dementia Services Development Trust.

[Read Cherie's story](#)

[View itinerary](#)

You can support Cherie by emailing her to register your interest in giving donations: cherie.callender@cherry-lodge.net

Brain Training

A study by researchers at the University of Stirling



Dr Louise McCabe (left) introduces a recent study by a team of researchers at the University of Stirling into "Brain Training"

Brain training as a concept has become much more popular in recent years, however, people have long been undertaking activities such as crosswords, bridge, darts, chess and so on, that stimulate our brains. It seems likely, however, that people are now doing these things with the motivation to improve their cognitive abilities and to avoid developing dementia. This has been highlighted through the promotion of so-called 'brain training' games and activities offered for electronic games consoles and personal computers. However, there is little solid evidence for the claims that these types of games improve your cognitive ability and delay or prevent the onset of dementia.

This paper describes a research project recently undertaken by staff at the DSDC. The project asked people aged between 50 and 65 about what they currently do to keep their brains active and what their main motivations are for these activities. The study found that dementia prevention motivates people to undertake activities perceived to keep the brain active, despite there being a virtual absence of scientific evidence showing that the desired effects will follow. Dementia prevention was a motivating factor for 21% of respondents. More women and more of those living alone reported this motivation. The motivation to prevent dementia was linked with experience of dementia and future fears of developing the condition. New 'braintraining' technologies were more often used by younger people in higher socio-economic groups, and dementia prevention was cited by them as a motivation.

The full version of this paper will shortly be published in the *International Journal of Geriatric Psychiatry*. The authors of the full study are Alison Bowes, Louise McCabe, Michael Wilson and David Craig.

A list of references are [available to download](#)

Prevention and early diagnosis



Can dementia be prevented? The current thinking is that if you look after your body and stretch your mind, you might be able to stave off dementia for a while if it is meant for you. I exercise my brain every day and find this helps to slow the progression of an implacable enemy.

James McKillop MBE, founding member of the Scottish Dementia Working Group, shares his thoughts on prevention and early diagnosis of dementia.

[Click here to read the full article](#)



New PhD thesis published

The Development of quality indicators for Taiwanese institutional dementia care
by Che-Ying Lin

This is a mixed-method study that seeks to develop a set of institutional dementia care indicators to evaluate quality of care and inform the improvement of quality of life (QOL) for Taiwanese people with dementia living in care homes. It also uses a comparative to compare the different features of policy and its delivery in dementia care policy, and the establishment of quality indicators for institutional dementia care in Taiwan.

[Click here to read more and to request a copy from the author](#)

New book titles in the library

Gibson, Faith

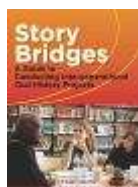
Reminiscence and life story work: a practice guide



This book gives practice information on planning and running reminiscence work. It aims to enable carers and health & social care professionals to develop the attitude, knowledge, understanding, values and skills they need to use reminiscence with people of all ages, individually or in groups, and in residential or community settings

Zusman, Angela

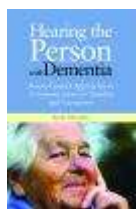
Story bridges: a guide for conducting intergenerational oral history projects



This book offers step-by-step directions for planning and implementing intergenerational oral history projects, using youth to interview elders.

McCarthy, Bernie

Hearing the person with dementia: person-centred approaches to communication for families and caregivers



Written for families and professional carers, this book explains what happens to communication as dementia progresses, how this may affect an individual's memory, language and senses, and how carers may need to adapt their approach to communication as a result.

Fox, Mike & Wilson, Lesley

Counselling older people with alcohol problems



This book explores the influences, patterns and triggers that affect the development and progression of alcohol dependency in people aged 55 and over, and provides a description of a theoretical model and therapeutic process that has proved successful in practice.

Hughes, Julian C.

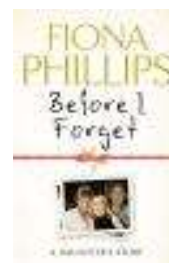
Thinking through dementia



This book provides a critique of the main models used to understand dementia: the biomedical, neuropsychological and social constructionist perspectives. It discusses both clinical issues and cases, together with philosophical work that might help readers better understand and treat his illness.

Phillips, Fiona

Before I forget



Fiona Phillips tells her story of caring for her parents, both of whom were diagnosed with Alzheimer's Disease.

Find latest research on a range of topics at the DSDC library

[Download the new list of journal articles here](#)

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