

**Memory** is our featured topic this month:

**Vol 4 no 9**  
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## For sale from DSDC

### **Captured Memories**

*Rosas Mitchell, June 2005*

Photography has huge potential for people with memory problems, both in terms of the past and the present. This useful book describes a project where people with dementia were given cameras and explains the benefits that followed. **Price: £15.00**

### **“Switching on a Light”: An introduction to life story work**

*DSDC, 2006, DVD*

This new DVD demonstrates what is meant by life story work and how this can be used with people with dementia. Filmed in a nursing home and using interviews with practitioners and people with dementia, the benefits for those involved are considered. An accompanying booklet gives more detailed information about getting started and the issues that need to be considered, and provides a suggested outline for a training session. **Price: £45.00**

**More DSDC publications on our website at:**

[http://www.dementia.stir.ac.uk/publications/arts\\_activities\\_therapies.htm](http://www.dementia.stir.ac.uk/publications/arts_activities_therapies.htm)

## In the headlines

### **Spotlight on homes that secretly drug pensioners**

The national watchdog on care homes is to investigate whether staff are hiding drugs in elderly residents' food and drink.

**The Scotsman Online, 7 November 2007**

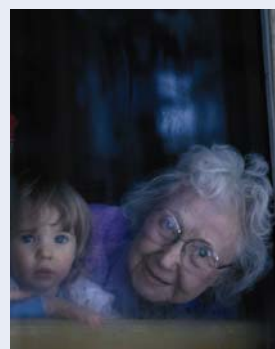
<http://thescotsman.scotsman.com/scotland.cfm?id=1768642007>

### **Brainbows offer unique colour brain map**

The workings of the most complex known object in the universe - the brain - have been revealed in glorious Technicolor for the first time by a remarkable technique that could give a new view of the effects of dementias and other mental disorders.

**The Telegraph, 1 November 2007**

<http://www.telegraph.co.uk/earth/main.jhtml?view=DETAILS&grid=&xml=/earth/2007/10/31/scibrain131.xml>



The Dementia Services  
Development Centre



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# Memory

## Introduction

### **I sometimes forget : does that mean I have dementia?**

Dementia is more than forgetting. Think about the times you forgot:

- a person's name
- a telephone number
- to buy an item at the supermarket
- the words of a favourite song

Why you forgot those things is often because you are distracted by other people, are thinking about what you will do after work or have been in a hurry.

Your chances of having dementia do increase as you get older but sometimes you forget because of the 101 other things that you need to remember!

Dementia such as Alzheimer's disease impairs memory but does not rob the person of all the memories of a lifetime. Many people with dementia can recall details of their childhood and early adulthood but frequently have difficulty with recalling events of the past day. Reminiscence can help in recalling past events and be beneficial for well-being and provide a context for social interaction

Memory helps us make sense of our life experience and to cope. A memory of past experience can help us cope with the present. Finding our way from A- B and getting lost means that we will remember the next time when we have to do that journey.

For many people with dementia remembering a previous role or experience of an environment can become a means of making sense of what is happening now.

The lady in the care home who makes sense of her environment based on a memory of Atlantic cruises with her husband, does not go to her bedroom - she goes to her cabin!

The senses of smell, taste, touch and sound, also evoke memory. The smell of lavender polish can remind us of helping our mother, the taste of a caramel sweet may remind us of a favourite uncle or the sound of a bell may remind us of going to school.

Memory is also related to what we see. Visual images such as flowers, familiar objects and personal items can trigger a response and aid communication.

The feelings we have about things also trigger memories. Feeling happy or sad can lead to remembering previous times when they felt similar emotion. Importantly the memory related to emotions can influence a person's well-being and affect all communication with others.

There is a difference between memory loss as a normal part of ageing and as a symptom of dementia., but there are things you can do to preserve memory.

**Alan Chapman**  
**Associate Director - Education and Training**



# Memory

## Web Resources

### **Aging and the brain**

<http://www.aarp.org/health/brain/aging/>

AARP

### **Memory loss with aging: what's normal, what's not**

<http://familydoctor.org/online/famdocen/home/seniors/common-older/124.html>

Family Doctor

### **What is memory?**

[http://www.aarp.org/health/brain/works/what\\_is\\_memory.html](http://www.aarp.org/health/brain/works/what_is_memory.html)

AARP

### **The ten habits of highly effective brains**

<http://www.sharpbrains.com/blog/2007/08/22/10-habits-of-highly-effective-brains/>

Sharp Brains

### **Video games vs. the aging brain**

<http://discovermagazine.com/2007/may/the-elastic-brain>

Discover Magazine

### **How we remember and why we forget**

<http://www.brainconnection.com/topics/?main=fa/memory-formation>

Brain Connection

### **Memory and dementia**

<http://www.rcpsych.ac.uk/mentalhealthinformation/olderpeople/memoryanddementia.aspx>

The Royal College of Psychiatrists

### **Memory loss**

<http://www.healthcentral.com/encyclopedia/408/581.html>

Health Central

### **Circa**

<http://www.computing.dundee.ac.uk/projects/circa/>

University of Dundee

### **Memory improvement techniques**

<http://www.mindtools.com/memory.html>

Mind Tools

### **Brain boosts for over-60s**

<http://www.nhs.uk/magazines/mentalhealth/Pages/brainboostsforover60s.aspx>

NHS Choices

### **Memory enhancers**

[http://www.sfn.org/index.cfm?pagename=brainBriefings\\_memoryEnhancers](http://www.sfn.org/index.cfm?pagename=brainBriefings_memoryEnhancers)

Society for Neuroscience

# Memory

## Topic Reading List

### Books/Reports

**Einberger, Kristin and Sellick, Janelle**

Strengthen your mind : activities for people with early memory loss.

Baltimore: Health Professions Press, 2006

This collection of short, one-page worksheets aims to enhance brain functioning and sharpen memory skills. Featuring trivia, reminiscence and sensory stimulation, the activities engage multiple parts of the brain.

**Format:** Book

**ISBN** 9781932529319

**Ref:** D18

**Bourgeois, Michelle S.**

Memory books and other graphic cuing systems : practical communication and memory aids for adults with dementia. Baltimore, Md.: Health Professions Press, 2007

Help people with memory impairments function more independently and effectively by using graphic cuing systems. This book contains information to help you successfully develop and use such memory tools with older adults.

**Format:** Book

**Ref:** C3

**Thompson, Simon B.N.**

Dementia and memory : a handbook for students and professionals.

Aldershot: Ashgate, 2006.

Dementia and related diseases are likely to affect at least four in every hundred 75-79 year olds in the developed world over the coming years. As we are faced with an ever-expanding older population it is crucial that we develop our understanding of how to treat people suffering from such conditions. This book provides information on the different types of dementia and on memory problems more generally. It includes detailed coverage of how to alleviate memory problems including simple forgetfulness and discussion on issues such as ageing. For the student reader, there are descriptions and discussions of key topics as well as practice step-by-step guidance. The book includes a memory test as well as a comprehensive list of useful addresses and suggestions for further reading.

**Format** Book

**Ref.** H

**ISBN** 0754646335

**Holford, Patrick**

The Alzheimer's prevention plan : 10 proven ways to stop memory decline and reduce the risk of Alzheimer's.

London: Piatkus Books, 2005.

This book contains a specially formulated Alzheimer's prevention diet and a ten step plan to enhance your memory, which includes:- a simple test to discover your risk - and reverse it in eight weeks; memory boosting vitamins and minerals; essential fats that help your brain think faster; simple lifestyle changes and exercises to keep your mind young.

**Format** Book

**Ref.** H1

**ISBN** 0749925140

## Books/Reports

### **Battison, Toni**

Caring for someone with memory loss.

London : Age Concern, 2004.

Loss of memory can be a temporary or permanent difficulty; it can take many forms and there are many causes. In some cases, when the root cause is a treatable physical illness or an accident such as a blow to the head, the problem improves with time. This book concentrates, however, on the type of memory loss which is commonly found in older people, as an age-related phenomenon. It offers carers a simple explanation of how memory works, information on various tests and treatments, practical advice and helpful guidelines about making best use of existing memory function.

**Format** Book

**Ref.** D

**ISBN** 0862423589

### **Devi, Gayatri and Mitchell, Deborah**

What your doctor may not tell you about Alzheimer's disease : the complete guide to preventing, treating and coping with memory loss.

New York: Warner, 2004.

Drawing on conventional and complementary approaches, the author gives information on diagnosis, treatment and living successfully with this disease.

**Format** Book

**Ref.** H1

**ISBN** 0446691887

### **Woolf, Josephine and Woolf, Michael**

Is the cooker turned off? : caring for an older person with failing memory

Oxton: Gorselands, 2003.

The authors wrote this book to share their experience and offer guidance to carers in what can be difficult and sometimes lonely times. It includes a section on how to look after yourself. Positive thinking, calming the mind and body and taking time out for yourself.

**Format** Book

**Ref.** B24

**ISBN** 095441280X

### **Aldridge, David (ed.)**

Music therapy in dementia care.

London: Jessica Kingsley, May 2000.

Takes a comprehensive look at music therapy as a means of improving memory, health and identity in those with dementia. Written with carers and families of people with dementia in mind as well as music therapists. Chapters cover working with narratives, singing, agitation, music therapy practice, improvisation as an assessment in early dementia, creativity, remembering and forgiving, images and recollection, and dance movement. 200+ references.

**Format** Book

**Ref.** D18G

**ISBN** 1853027766

### **Oetting, Judith**

Developing a personal memory notebook : techniques for facilitating memory and orientation in individuals with dementia and other cognitive linguistic impairments

Austin, Texas: Pro-ed, 2000

illustrates the production of a personal notebook facilitating the memory of people with dementia and improving their functional independence by enabling person centred care.

**Format** Report

**Ref.** D12

## Journal articles

### **Hopkins, Graham**

Thanks for the memory.

Community care. (1667), 5-11 April 2007, 34-35.

Our past, and memories of it, defines us. A scheme in West Yorkshire is helping people with dementia recall their past and retain their identity.

**Format** Journal Article

**Ref.** D12B

### **Lindstrom, Heather A**

Medication use to treat memory loss in dementia : perspectives of persons with dementia and their caregivers.

Dementia. 5(1), February 2006, 27-50.

Treatment decisions for symptoms associated with dementia are complex, involving persons with dementia, caregivers and physicians. Participants in focus groups expressed relatively high hopes for what medications could do to treat memory loss, a general willingness to try hypothetical new treatments, even those with serious side-effects and high costs, and were optimistic that scientists would find new treatments to significantly affect the course of memory loss in their lifetimes.

**Format** Journal Article

**Ref.** E1

### **Shaw, Rhonda M, Helmes, Edward and Mitchell, David**

Age-related change in visual, spatial and verbal memory.

Australasian journal on ageing. 25(1), March 2006, 14-19.

This article explores the relationship between age and performance on verbal, visual and spatial memory tasks and to examine whether verbal, visual and spatial memory can be measured as separate memory representations. Sixty-two participants aged between 18 and 57 years completed a listening span task, a dot memory task and an irregular polygon with articulatory suppression task.

**Format** Journal Article

**Ref.** E

### **Yale, Robyn and Kaplan, Doug**

Memory loss support groups for residents of assisted living : enhancing quality of care and quality of life.

Alzheimer's care quarterly. 7(4), October/December 2006, 226-242.

Support groups for individuals with memory loss residing in assisted living facilities can help them understand and cope with illnesses like Alzheimer's disease, and the transitions between levels of care. The program can also strengthen relationships between residents, families and staff as well as the overall sense of community. This article describes 3 projects, covering the issues, guidelines and benefits identified.

**Format** Journal Article

**Ref.** C12

### **Crooks, Valerie C**

Self-reported severe memory problems as a screen for cognitive impairment and dementia.

Dementia. 4(4), November 2005, 539-551.

This study addresses the effectiveness of using a single self-reported measure of severe memory problems as a screen for cognitive impairment and dementia.

**Format** Journal Article

**Ref.** E

## Journal articles

### **Kesselsa, RPC, Feijena, B J and Postmaa, A**

Implicit and explicit memory for spatial information in Alzheimer's disease.

Dementia and geriatric cognitive disorders. 20(2-3), August 2005, 184- 191.

There is abundant evidence that memory impairment in dementia in patients with Alzheimer's disease (AD) is related to explicit, conscious forms of memory, whereas implicit, unconscious forms of memory function remain relatively intact or are less severely affected. Only a few studies have been performed on spatial memory function in AD, showing that AD patients' explicit spatial memory is impaired, possibly related to hippocampal dysfunction. However, studies on implicit spatial memory in AD are lacking. The current study set out to investigate implicit and explicit spatial memory in AD patients (n = 18) using an ecologically valid computer task, in which participants had to remember the locations of various objects in common rooms. The contribution of implicit and explicit memory functions was estimated by means of the process dissociation procedure.

**Format** Journal Article

**Ref.** E

### **Keady, John**

The wrong shoes : living with memory loss.

Nursing older people. 17(9), December 2005, 36-37.

Personal account of author's experiences in dementia care, and of his fathers memory loss.

**Format** Journal Article

**Ref.** H01

### **Rice, Frances**

Memory for new information as a cognitive marker of liability to Alzheimer's disease in a high risk group : a research note.

International journal of geriatric psychiatry. 18(2) , 2003, 155-160. 6 page(s).

Study to examine aspects of neuropsychological performance as cognitive markers in a group at high risk of developing Alzheimer's disease. Memory for novel information and verbal fluency were examined in 33 unaffected biological siblings of patients who fulfilled criteria for probable AD, and 22 controls who reported no family history of dementia. 38 references.

**Format** Journal Article

**Ref.** H1

### **Hughes, Julian and McCormick, Ashley**

When to forget is to remember.

The journal of dementia care. 11(3) , 2003, 12. 1 page(s).

Offers an insight into how art and science can work together in dementia care. Profiles the SCIART projects around the theme of memory and forgetting. 3 references

**Format** Journal Article

**Ref.** D18

### **Early Stage Memory Loss Support Group**

Reflections of an early stage memory loss support group for persons with Alzheimer's and their family members

Alzheimer's care quarterly. 4(3), July/September 2003, 185-188.

Discussion on when the members were asked to reflect on where they would like to see Alzheimer's disease researchers focus their energy, particularly in the psychological and social realm.

**Format** Journal Article

**Ref.** H1

## Journal articles

### **Kessels, Roy PC. and De Haan, Edward HF**

Mnemonic strategies in older people : a comparison of errorless and errorful learning. Age and ageing. 32(5), September 2003, 529-533.

Older people have difficulty in the encoding stages of face-name association learning, whereas retrieval is relatively unaffected. In addition, the prevention of errors occurring during learning results in a better memory performance, and is perhaps an effective strategy for coping with age-related memory decrement.

**Format** Journal Article

**Ref.** C1

### **Daniel, Sarah and Morgan, Karen**

A memory remediation group : proving there is life after diagnosis.

The journal of dementia care. 11(6) , 2003, 14. 1 page(s).

Article describing a memory remediation group in Newcastle-upon-Tyne which won a Queen's Nursing Institute / Alzheimer's Society Award. The aim is to provide a coping strategy for people experiencing memory difficulties and provide a user-friendly route for them to navigate everyday problems.

**Format** Journal Article

**Ref.** D12

### **Open University. Brain And Behaviour Research Group**

A new line of attack on memory loss.

The journal of dementia care. 11(6) , 2003, 37. 1 page(s).

The Brain and Behaviour Research Group at the Open University reports on an exciting discovery which could lead to a new form of treatment for Alzheimer's Disease

**Format** Journal Article

**Ref.** E1

### **Simard, Joyce**

The Memory enhancement program.

Alzheimer's care quarterly. 2(4), Fall 2001, 47-55.

Describes a programme developed to support people with dementia requiring enhanced supportive care in the community, the Memory Enhancement Program, and gives the results of two pilot programmes that have had a positive effect on people with early dementia and mild cognitive impairment. 3 references.

**Format** Journal Article

**Ref.** D01

### **Morris, Clare**

Understanding specific memory disorders.

The journal of dementia care 8(3), May/June 2000, 26-28. 3 pages.

Explains how the memory works and how an understanding of memory functions may influence our ability to communicate with and care for people with dementia. 7 references.

**Format** Journal Article

**Ref.** H

### **Rusted, Jennifer**

People with dementia use Schemata to support episodic memory.

Dementia and geriatric cognitive disorders. 11(6), Nov/Dec 2000, 350- 356.

Describes two experiments which examine whether people with dementia use schemata, established knowledge stores associated with specific scenarios, to aid episodic memory. 21 references.

**Format** Journal Article

**Ref.** E1B

## Current Awareness

# Dementia in the News

### **Tooth loss may predict later-life dementia: study**

To keep dementia at bay, take care of your teeth. That seems to be the message of a new study in which researchers found a possible link between tooth loss or having very few teeth and the development of dementia later in life.

Reuters, 17 October 2007

<http://www.reuters.com/article/healthNews/idUSCOL76396820071017?feedType=RSS&feedName=healthNews>

### **'Largest' Alzheimer's gene study**

Researchers are conducting what is believed to be the largest study yet of genes which cause Alzheimer's disease. Led by experts at Cardiff University, it will involve analysing DNA samples from 14,000 people from the UK and US.

BBC News Online, 24 October 2007

<http://news.bbc.co.uk/1/hi/wales/7058564.stm>

### **Dementia hits educated quicker: Research**

It's been known for some time that people with higher education levels tend to develop Alzheimer's disease later in life than those with less formal schooling. But a new study suggests that once the symptoms begin, people with more classroom time go cognitively downhill at a faster rate.

Toronto Star, 24 October 2007

<http://www.thestar.com/living/Health/article/269403>

### **The Vanishing Man**

Andrew King is 44, and last year was diagnosed with early onset dementia. He and his family talk about the disease's devastating impact on all their lives

Times Online, 27 October 2007

[http://women.timesonline.co.uk/tol/life\\_and\\_style/women/families/article2715310.ece](http://women.timesonline.co.uk/tol/life_and_style/women/families/article2715310.ece)

### **Alzheimer's cold sore virus link**

Evidence is building that the cold sore virus may be linked to Alzheimer's disease.

BBC News Online, 1 November 2007

<http://news.bbc.co.uk/1/hi/health/7071576.stm>

### **Stem cells offer hope of Alzheimer's cure**

Brain diseases such as Alzheimer's and strokes could be treated by stem-cell therapy, a study suggests.

The Scotsman Online, 8 November 2007

<http://news.scotsman.com/topics.cfm?tid=1375&id=1773622007>

# Current Awareness New Library Stock

## Acute Care

### **Underwood, Frazer and McCullough, Frank**

Intermediate care services for older people : a development project.

Mental health practice, Vol. 11, Part 3, November 2007, Page(s) 12-16

The authors describe how one local health and social care community responded to the call to integrate older people's mental health expertise into existing intermediate care services. It presents the evaluation of a pilot project designed to establish a newly created mental health nursing role within an established community-based service.

**Format:** Journal Article

**Ref:** B11B

## Alcohol Related dementia

### **Hayes, Derren**

Reversing the damage. Community care, Vol. , Part 1695, October 2007, Page(s) 34

Innovative projects often have to work harder to convince commissioners of their value. The author reports on a pioneering scheme that helps reverse the damage caused to the brain by alcohol.

**Format:** Journal Issue

**Ref:** H6B

## Behaviour

### **Kennedy, Elizabeth and Mackenzie, Lorna**

Understanding Thomas : needs born of fear and frustration.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 20-23

In this second case study demonstrating the support model used by Newcastle Challenging Behaviour Service, the authors describe what they helped care staff to discover about Thomas, and how this improved his care.

**Format:** Journal Article

**Ref:** D2

## Disclosure

### **Georges, Jean and Gove, Dianne**

Disclosing a diagnosis : the Alzheimer Europe position.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 28-30

The authors present Alzheimer Europe's newly drafted position on the disclosure of the diagnosis to people with dementia and carers.

**Format:** Journal Article

**Ref:** C3B

## Carers

### **Mendham, Sally**

Evaluating carer information groups.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 37-38

The author describes carer information groups developed and run by Stockport Dementia Care Training and the research undertaken to evaluate their effects.

**Format:** Journal Article

**Ref:** B24F

## Costs

### **Comas-Herrera, Adelina [et al.]**

Cognitive impairment in older people : future demand for long-term care services and the associated costs.

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, pp 1037-1045  
Research article. Projections are presented of future numbers of older people with cognitive impairment (CI) in England, their demand for long-term care (LTC) services and future costs of their care. The sensitivity of the projections to factors that are likely to affect future LTC expenditure is explored. These factors include future numbers of older people, prevalence rates of CI, trends in household composition, informal care provision, care service patterns and unit costs.

**Format:** Journal Article

**Ref:** B05C

## Demographic Changes

### **The ageing countryside : the growing older population of rural England.**

London: Age Concern, 2006

The English countryside is changing. It is widely recognised that rural communities contain a higher proportion of older people than urban and suburban areas. The whole society is changing, but rural areas are in the vanguard of this major social change. They offer lessons for the rest of England in understanding the implications of demographic ageing. This book is intended to help inform the 21st century policy agenda for rural areas. It is a contribution to the debate on how rural communities are experiencing demographic ageing, and the experience, contributions and needs of the varied groups which make up the older rural population.

**Format:** Book

**ISBN** 9780862424145

**Ref:** A2A

### **Older richer fitter : identifying the consumer needs of Britain's ageing population.**

London: Age Concern, 2005

More older people are living longer, are healthier and have larger disposable incomes than ever before. This fundamental shift in demographics is becoming ever more pronounced. But how do you capitalise on the increased spending power of older people when until now your product or service design and marketing activities have centred around a group of customers thirty years younger? This book is aimed at those wishing to maintain their profit margin in an ageing society

**Format:** Book

**ISBN** 9780862423834

**Ref:** A2A

## Depression

### **Arai, A. [et al.]**

Association between lifestyle activity and depressed mood among home-dwelling older people : a community-based study in Japan.

Aging & mental health, Vol. 11, Part 5, September 2007, Page(s) 547-555

In the community-based cross-sectional study, we investigated patterns of lifestyle activities among older people and examined the association between specific types of lifestyle activity and depressed mood status.

**Format:** Journal Article

**Ref:** H7

## Detection

### **Kjelvik, Grete [et al.]**

Use of the Brief Smell Identification Test for olfactory deficit in a Norwegian population with Alzheimer's disease.

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, pp 1020-1024  
Research article. Several studies have shown that Alzheimer's disease (AD) is associated with hyposmia. Olfactory identification may be a cheap and simple additional test in the assessment of early cognitive changes. The sense of smell is influenced by factors such as experience and culture and the aim of the present study was to assess the validity of the Brief Smell Identification Test (B-SIT) in distinguishing patients with AD from healthy gender and age-matched controls in a Norwegian population.

**Format:** Journal Article

**Ref:** E1C

### **Luczywek, E. [et al.]**

Neurocognition of centenarians : neuropsychological study of elite centenarians.

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, pp. 1004-1008  
The aim of this study was to evaluate the cognitive state of highly selected Polish centenarians and analyze the mechanisms of their functioning.

**Format:** Journal Article

**Ref:** E1C

## Domiciliary/Home care

### **Andrews, June Cobban, Noni and Dincarslan, Ozzy**

Home Care Practice Licence : validating home care worker competence.

Scottish primary care, Part 67, October 2007, Page(s) 8

The Home Care Practice Licence (HCPL) was developed by a team at The Dementia Services Development Centre, University of Stirling. The aim was to provide a testing service to determine the competence of home care workers.

**Format:** Journal Article

**Ref:** B21

## Elder abuse

### **Selwood, Amber, Cooper, Claudia and Livingston, Gill**

What is elder abuse : who decides?

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, pp. 1009-1012  
Research article. This study aimed to test the hypothesis that family and professional caregivers have different views about what constitutes elder abuse.

**Format:** Journal Article

**Ref:** A3B

## Ethics/Philosophy

### **Bender, Mike**

Lying : in the real world, context is all-important.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 12-14  
The author adds some reflections to the ongoing debate about lying to people with dementia.

**Format:** Journal Article

**Ref:** B03

## **Experience of Dementia**

**Taylor, Richard**

Alzheimer's from the inside out. Baltimore ; London: Health Professions Press, 2006  
Thoughtful and self-reflective, this collection of essays offers a glimpse in to the often incomprehensible world of individuals living with Alzheimer's disease. Diagnosed at age 58, the author shares a provocative and courageous account of his slow transformation and deterioration, and of the growing divide between his reality and the reality of others.

**Format:** Book

**ISBN** 1932529223

**Ref:** H01

## **Falls**

**Chaabane, F.**

Falls prevention for older people with dementia.

Nursing standard, Vol. 22, Part 6, October 2007, Page(s) 50-55

This article discusses the issues that can lead to older people with dementia sustaining falls in mental health services. Strategies to reduce the likelihood of such events occurring are discussed.

**Format:** Journal Article

**Ref:** E3

## **Garden/landscape design**

**Chalfont, Garuth**

Design for nature in dementia care. London: Jessica Kingsley, 2008

Maintaining a connection to nature is increasingly recognised as essential for personal health and well-being. This book demonstrates how people with dementia can benefit from nature through meaningful activity and environmental design.

**Format:** Book

**ISBN** 9781843105718

**Ref:** B06D

**Chalfont, Garuth**

The Dementia Care Garden : part of daily life and activity.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 24-28

In this first of two articles, the author discusses the benefits to people with dementia of everyday contact with gardens and the natural world, and gives guidance on how care homes can make engaging with nature a normal, regular aspect of daily life.

**Format:** Journal Article

**Ref:** B06D

## **Health and Welfare**

**Banks, Ian**

Haynes brain manual.

To what extent is the human brain like a computer? Addressing the question, this book looks at how the brain works, what effects the various inputs and outputs have, and what people can do to improve and maintain their own mental well-being and that of those around them.

Sparkford : Haynes, 2006

**Format:** Book

**ISBN** 1844253716

**Ref:** A2

**Easterbrook, Lorna**

Your rights to healthcare : helping older people get the best from the NHS.

London: Age Concern, 2007

Do you want to know what you're entitled to from the NHS? Do you sometimes find the range of services and choices confusing? Do you find it difficult to get answers to your questions? If so, this book could help. This book is your guide to the NHS in England. It explains what to do - and what to expect - when you come into contact with the health service.

**Format:** Book

**ISBN** 9780862424220

**Ref:** A2

**Health/Welfare****Hoe, Juanita [et al.]**

Quality of life in dementia : care recipient and caregiver perceptions of quality of life in dementia : the LASER-AD study.

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, Page(s) 1031-1036

Research article. Quality of Life (QoL) is a key outcome in dementia. This study aimed to compare care recipients' (CR) and caregivers' views on CRs' QoL and identify determinants

**Format:** Journal Article

**Ref:** B02

**Hospital****Preparing undergraduates for practice placements in gerontological nursing.**

Nursing older people, Vol. 19, Part 9, November 2007, Page(s) 31-34

An innovative approach was employed to help undergraduate student nurses prepare for a practice placement working with older people. The method involved the use of life histories as a means of gaining insight into the unique experiences of individuals and how those experiences help shape the person. This narrative approach is valuable in assessing need and in ensuring that the care provided is of a high standard. Research suggests that it can also help boost the quality of life of older people and the self-esteem of the staff involved.

**Format:** Journal Article

**Ref:** B11

**Housing****Coffey, Jane**

A design for independence. Nursing older people, Vol. 19, Part 9, November 2007, Page(s) 30

Homeshare is a simple concept - the exchange of accommodation for ten hours of support each week. The author reports on the benefits of this innovative project in West Sussex.

**Format:** Journal Article

**Ref:** B12N

**Older people****Neno, Rebecca**

Just another dignity report. Nursing older people, Vol. 19, Part 9, November 2007, Page(s) 6

In recent years we have seen a plethora of policy documents relating to dignity. So why are we still not getting it right and what's different about "Caring for dignity"?

**Format:** Journal Article

**Ref:** A

**Sturdy, Deborah**

Indignity in care : are you responsible?

Nursing older people, Vol. 19, Part 9, November 2007, Page(s) 9

It is an ethical responsibility to ensure dignity in care, says the author.

**Format:** Journal Article

**Ref:** A

**Mansfield, Sally**

Dignity. Nursing older people, Vol. 19, Part 9, November 2007, Page(s) 14

Dignity is a human rights issue and should be the underlying principle for service delivery. All older people in care should be confident that their dignity will be respected. How can we ensure a more person-centred, dignified service is being offered to older people in inpatient settings.

**Format:** Journal Article

**Ref:** A

**Person-centred care****Litherland, Rachael**

Developing the resources people with dementia need.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 15-17

The author describes work carried out within the Living with Dementia programme at the Alzheimer's Society between 2001 and 2005 to develop accessible information products for people with dementia.

**Format:** Journal Article

**Ref:** D12

**Planning****Manthorpe, Jill and Iliffe, Steve**

Strategy should build on existing good practice.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 10-11

The authors put forward some radical suggestions for the new dementia strategy.

**Format:** Journal Article

**Ref:** B05B

**Psychiatry****Morton, Ian**

Psychoanalysis and dementia : understanding disturbance and distress.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 18-20

In the second of three articles the author looks at how psychoanalytical concepts of anxiety and defence might help our understanding of the distress and disturbance that some individuals experience in dementia.

**Format:** Journal Article

**Ref:** D14

**Pain****Schofield, Pat, Aveyard, Barry and Black, Catherine**

Management of pain in older people : a workbook. Keswick: M&K Update, 2007

This workbook is designed to give a basic introduction to the management of pain in older people. It explores the size and nature of the problem, outlines some practical assessment and aims to help readers think about the particular issues in their own area of practice.

**Format:** Book

**Ref:** E3C

**Rating scales****Gort, Ana M. [et al.]**

Use of the Zarit scale for assessing caregiver burden and collapse in caregiving at home in dementias.

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, Page(s) 957-962

Research article. The main objective was to analyse the Zarit scale's (ZS) ability to identify signs of caregiver collapse amongst people looking after patients suffering from dementia. We also evaluated the dimensions most affected by the ZS and risk factors associated with caregiver burden and collapse.

**Format:** Journal Article

**Ref:** C1D

## **Technology**

### **Evans, Nina [et al.]**

Evaluation of an enabling smart flat for people with dementia.

The journal of dementia care, Vol. 15, Part 6, November/December 2007, Page(s) 33-36

The authors report on their study to evaluation a 'smart flat' with enabling technology for a gentleman with dementia.

**Format:** Journal Article

**Ref:** B07

### **Young technologies in old hands : an international view on senior citizen's utilisation of ICT.**

For many years the relationship between older people and information and communications technology (ICT) has mainly been discussed in terms of how technology can be used to compensate for the impairments many older people have to face. In this volume, the authors take another point of view, considering the individual needs and wants of older people and how older people can use ICT without a helper.

Copenhagen : DJOF, 2005

**Format:** Book

**ISBN** 8757411271

**Ref:** B07

## **Vascular/Multi-Infarct dementia**

### **Hama, Seiji [et al.]**

Depression or apathy and functional recovery after stroke.

International journal of geriatric psychiatry, Vol. 22, Part 10, October 2007, Page(s) 1046-1051

While depression and apathy are common after stroke, past studies have done little to examine the influence of these two symptoms on functional outcome respectively. This study was designed to examine the effect of depression or apathy on functional recovery after stroke in 237 Japanese stroke patients.

**Format:** Journal Article

**Ref:** H2