

New Tool Helps Make Visits Fun & Interactive with Older Adults

Visits with an older adult, especially in a care home, can be awkward when conversations are full of short answers or silences due to a lack of topics to talk about.

Thousands of families and caregivers across Canada struggle with what to say or do while visiting an older adult, especially those with memory impairment or other symptoms of dementia.

“What did you do yesterday, Mom?” This is a typical question asked during visits and can make answering difficult, especially for those in the early stages of Alzheimer’s disease or other types of dementia. **Not knowing what to say or do can cause anxiety, fear and frustration for everyone involved.**

Drawing on her expertise in Gerontology and Therapeutic Recreation, **Karen Tyrell**, CDP, CPCA, **Author and Dementia Consultant**, has teamed up with **Rose Kapp**, **Graphic Designer and Illustrator**, to make visiting time more enjoyable and meaningful by creating ***Home Life Memories - A Therapeutic Colouring & Activity Book for Older Adults***.

Colouring book activities for adults have been known to relieve stress, help reduce boredom, enhance focus, lessen anxiety, and foster tranquility. **These same benefits can be extremely useful for those affected by dementia.**

The book’s illustrations for colouring are accompanied by corresponding reminiscing questions that have been designed specifically to **help stimulate cognitive functioning, rekindle positive memories and spark fun conversations.**

Whether it’s children visiting their grandparent, a daughter wanting to spend quality time with her mother, or a paid companion looking for a new activity idea for their routine visit, this book is designed to provide an opportunity for **positive engagement, surprising exchanges and cherished memories.**

***For More Information on *Home Life Memories - A Therapeutic Colouring & Activity Book for Older Adults* visit www.DementiaSolutions.ca**

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