

Presenters



Mary Beth Riedner

Retired Librarian, Creator of
Tales and Travels, Past Chair
of Interest Group



Tami Hurst

Adult Services Assistant,
Olathe Public Library (KS)



Christine Johnson

Director, Waterford Public Library
(CT), Current Chair of Interest
Group

In collaboration with ALA's [Library Services for Patrons with Alzheimer's/Dementia Interest Group](#)

Remember Your Patrons Living with Memory Loss

Mary Beth Riedner

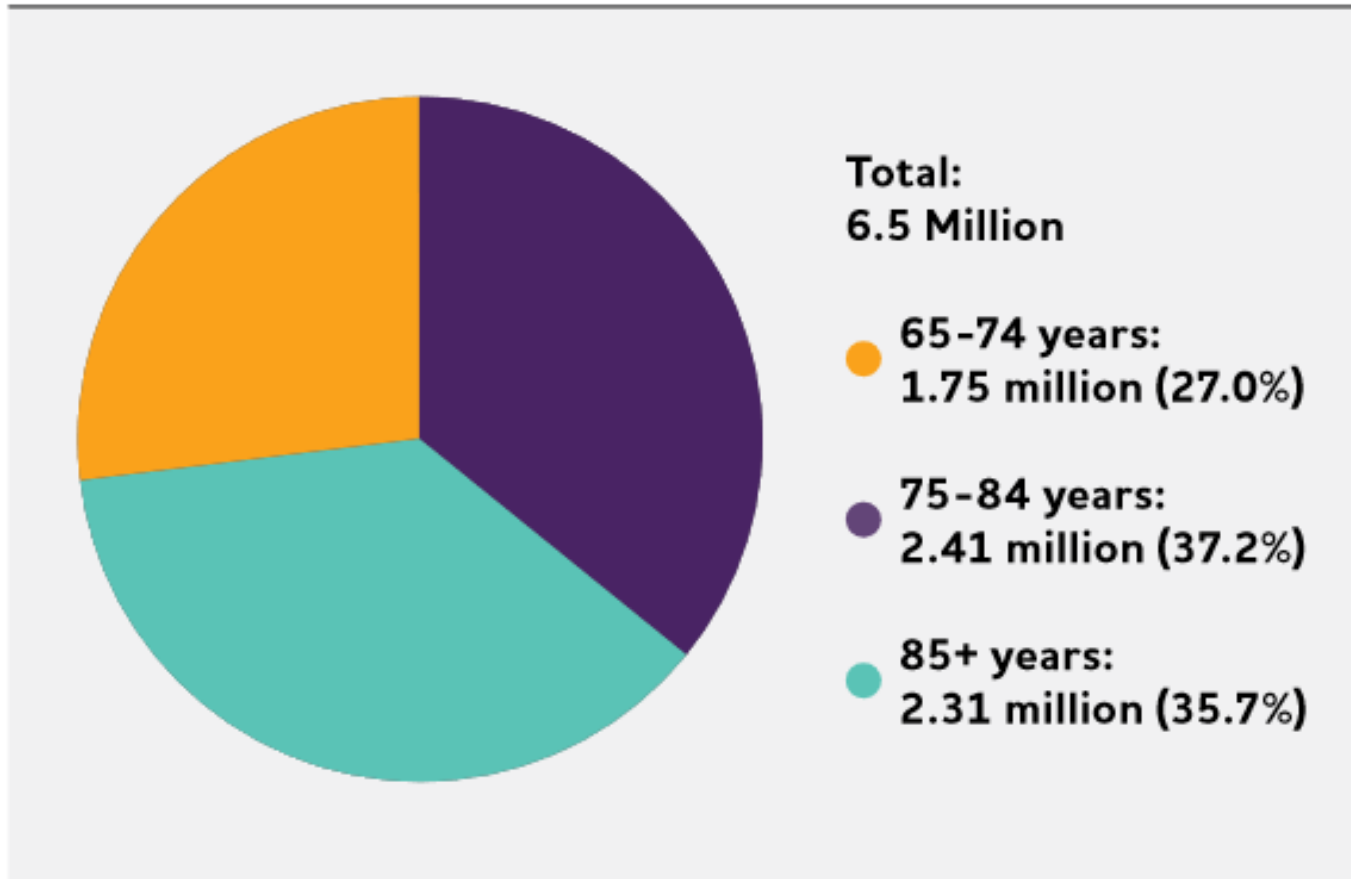
&

Tami Hurst

Dec. 7, 2022

The Need is Great...and Growing!

Number and Ages of People 65 or Older
with Alzheimer's Dementia, 2022*

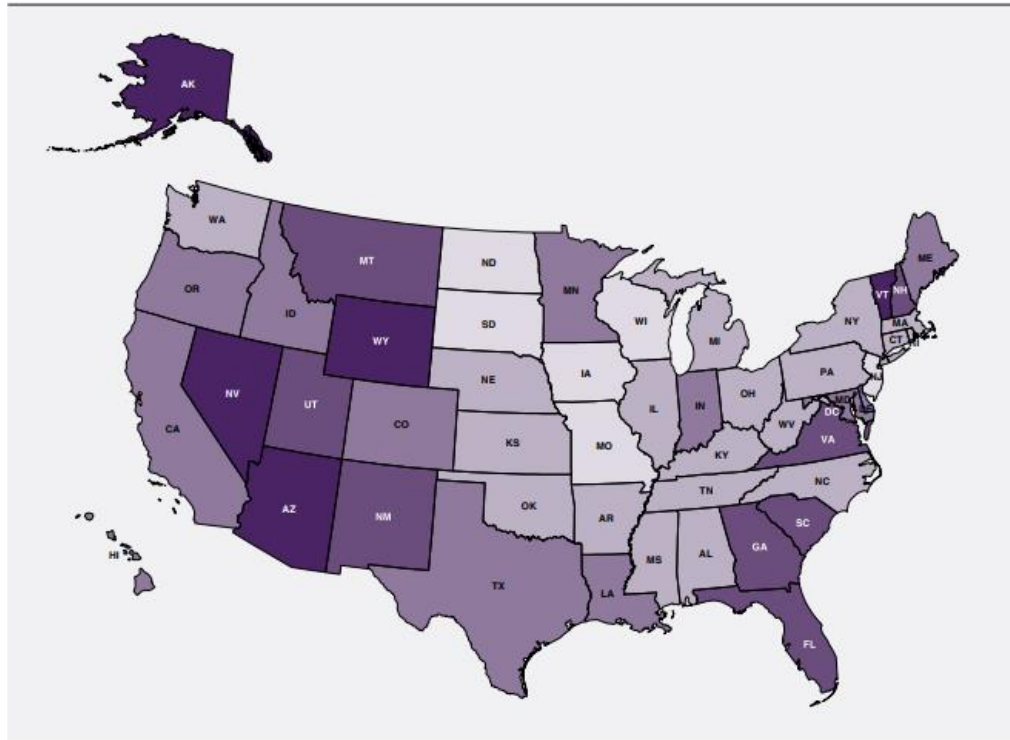


Find Information About Your State

figure 3

Projected Increases Between 2020 and 2025 in Alzheimer's Dementia Prevalence by State

6.7% - 12% 12.1% - 17.3% 17.4% - 22.6% 22.7% - 27.9% 28.0% - 33.3%



Change from 2020 to 2025 for Washington, D.C.: 1.1%

Created from data provided to the Alzheimer's Association by Weuve et al.^{A4,259}

ALZHEIMER'S ASSOCIATION®

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▶ [Alzheimer's in Each State](#)

<https://www.alz.org/alzheimers-dementia/facts-figures>

<https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>

What is Dementia?



Dementia describes a **group of symptoms** that indicate a **LOSS** of

- **memory,**
- **thinking and judgment,**
- **language, and/or**
- **behavioral norms**

enough to interfere with day-to-day function.

Major Dementias

- More than 100 conditions including:
 - Alzheimer's Disease
 - 60-80%
 - 11% of all adults over 65
 - Vascular Dementia
 - Lewy Body Dementia
 - Frontotemporal Dementia (FTD)



<https://binged.it/3ORhaOf>

Dementia Is a Progressive Disease

Alzheimer's Association

“On average, a person with Alzheimer's lives four to eight years after diagnosis, but can live as long as 20 years, depending on other factors.”

Three stages

- Mild – independent function
- Moderate – difficulty with daily tasks
- Severe – needs fulltime assistance

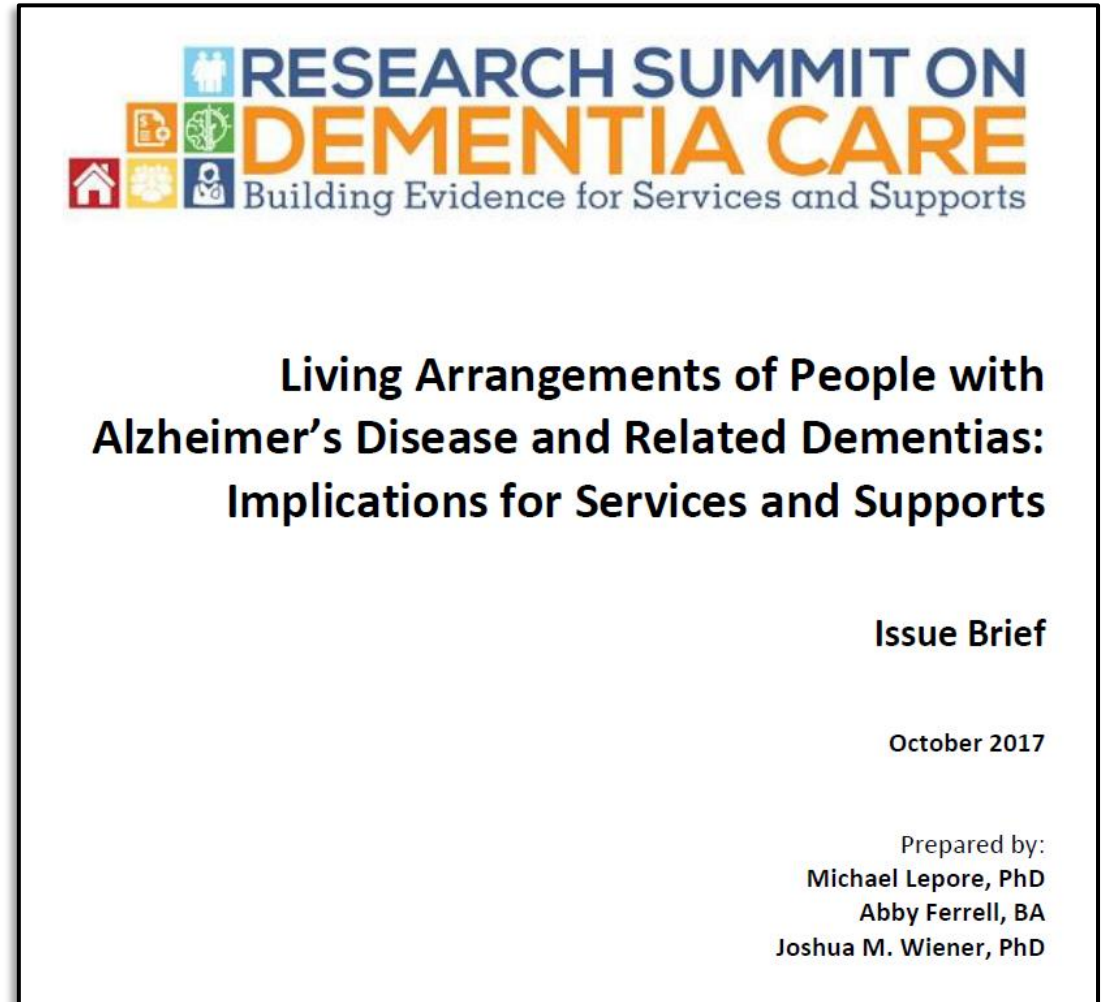


<https://pixabay.com/photos/dependent-dementia-woman-old-441405/>

<https://www.alz.org/alzheimers-dementia/stages>

Living Arrangements

- 19% of those living with dementia were living in residential care settings or nursing homes
- 81% were living at home in the community
 - 24% were living alone



Preserving Identity, Dignity & Independence



Photo: Mary Beth Riedner



Photo: Gail Borden Public Library – Tales & Travel

Tales & Travel Book and Reading Program



Tales & Travel Memories

- <http://talesandtravelmemories.com/>

Tales & Travel Adventures

- <http://talesandtravelmemories.com/memory-cafes/>

IFLA Guidelines - 2007

International Federation of Library Associations and Institutions
IFLA Professional Reports, Nr. 104



104

Guidelines for Library Services to Persons with Dementia

Helle Arendrup Mortensen and Gyda Skat Nielsen

<https://www.ifla.org/files/assets/hq/publications/professional-report/104.pdf>

Tales & Travel in Action



Photos: Gail Borden Public Library – Tales & Travel

How Tales & Travel Works



Photos: Mary Beth Riedner



Person-Centered Care

- Treating the person with dignity and respect
- ***Understanding their history, lifestyle, culture and preferences, including their likes, dislikes, hobbies and interests***
- Looking at situations from the point of view of the person with dementia
- Providing opportunities for the person to have conversations and relationships with other people
- ***Ensuring the person has the chance to try new things or take part in activities they enjoy.***

Can People Living With Dementia Still Read?

- Bourgeois, M. (2001) **Is reading preserved in dementia?** *The ASHA Leader*.
<https://doi.org/10.1044/leader.FTR2.06092001.5>
- Claridge, G. and Rimkeit, S. (2018). **Can she still read? How some people living with dementia responded to the reading experience.** *Extensive Reading World Congress*, 4, 266-275. <http://jalt-publications.org/content/index.php/jer/article/download/102/49>
- Benigas, J. and Bourgeois, M. (2011). **Evaluating oral reading and reading comprehension in patients with dementia: A comparison of generic and personally relevant stimuli.** *Non-pharmacological Therapies in Dementia*, 2(1): 41-54. <https://www.proquest.com/scholarly-journals/evaluating-oral-reading-comprehension-patients/docview/1700746943/se-2>

Bourgeois, Michelle S, Ph.D., CCC-SLP

Title: **Professor**
Phone: **(813) 974-9778**
Office: **PCD 4008**
[Send email](#)
[Curriculum Vitae](#)



Michelle S. Bourgeois, Ph.D., CCC-SLP, ASHA Fellow, is a Professor in the Department of Communication Sciences and Disorders, University of South Florida. She has received numerous grants from the National Institutes of Aging (NIA) and the Alzheimer's Association to investigate interventions for spousal and nursing home caregivers designed to improve the quality and quantity of communicative interactions with residents with dementia, to evaluate memory aids and interventions for persons with dementia and traumatic brain injury, and to develop training programs for institutional caregivers. A clinical researcher, Dr. Bourgeois has published numerous research articles, training manuals and CDs, and books. She was the recipient of the 2007 Barry Reisberg Award for Non-Pharmacologic Research, Theory, and Clinical Practice.

Education

B.S. (Linguistics and French)	Georgetown University	1976
M.S. (Speech & Hearing Science)	University of Washington	1978
Ph.D. (Communication Disorders)	University of Pittsburgh	1988

Teaching

- SPA 6805: Research Processes in Communication Disorders
- SPA 4257: Adult Communication Disorder

New Purposes for Reading



Photo: Gail Borden Public Library – Tales & Travel

- Stimulate memories
- Encourage conversation
- Participating in an enjoyable activity
- Feelings of competence
- Joy of lifelong learning

A Different Kind of Reading



- In a social setting
- Active, not passive, roles
- Invitations to read out loud
- Browsing through non-fiction

Types of Literacy Materials

- Short fiction
 - Folk tales, excerpts from classic fiction
- Non-fiction
 - Color photographs
 - Person centered
 - From adult and children's collections
- Local history
- Poetry
 - Gary Glazner's [Alzheimer's Poetry Project](#)
- Song lyrics
- Word searches or other word games



Content Matters

- Literature **and** non-fiction
- Personally relevant – Bourgeois study
 - Training your horse – Effingham (IL) Public Library
 - Local history – chocolate factory
- Lifelong learning – magic happens!

WHY BROLGAS BIRDS DANCE

A tale from Australia

A long time ago in the Australian outback there lived a girl named Brolga who loved to dance. This was a problem because, in those days, girls were not allowed to dance. They could only clap their hands and stamp their feet while the men did the dancing.

One night, as the men danced, Brolga couldn't contain herself. She jumped up and began dancing with them. The people of her tribe were shocked at this behavior. At first they were very upset. However, when they saw how beautifully Brolga danced, they let her continue.

Eventually Brolga became a famous tribal dancer. People came from near and far to watch her dance. Several men became infatuated with Brolga and wanted to marry her. She refused all offers because she wanted to dance, not cook and clean and bare children. One magician, named Broolie-Broolie, wouldn't take no for an answer. He watched Brolga's every move waiting for an opportunity to capture her.

Person Centered = Individual Interests



Photo: Mary Beth Riedner

- Books
- Magazines
- CDs – country music
- DVDs - westerns
- Personal Interests
 - Motorcycles
 - Old West
 - Vietnam War
 - Home Improvement

Format Matters

- Font size/line spacing
- White space/reduce clutter
- Books written for persons living with dementia
- Children's books already have the same format



Photo: Mary Beth Riedner

Tales & Travel Studies

- Lytle, Miriam. (2016). **Tales & Travel: Developing Community Partnerships to Expand Library Services.** Project National Network of Libraries of Medicine: Greater Midwest Region, Target Award Final Report.
<http://talesandtravelmemoires.com/wp-content/uploads/2019/03/NNLM-Final-Report-and-approval.pdf>
 - **Tales & Travel Study Results.** <http://talesandtravelmemoires.com/wp-content/uploads/2019/03/Tales-and-Travel-Study-Results.pdf>
- Dai, J. et al. (2021). **Library services enriching community engagement for dementia care: The Tales & Travels Program at a Canadian Public Library as a case study.** *Journal of Librarianship and Information Science.*
<https://journals.sagepub.com/doi/10.1177/09610006211065170#>

Selected Children's Non-Fiction Titles



- IFLA Guidelines
- “Terminology” confusion
 - ***Not*** fiction, picture books or beginning readers
 - Non-fiction for grades 3-8
- Respect for children’s book publishers
- We must always respect the dignity of these adult users



Photo: Tami Hurst

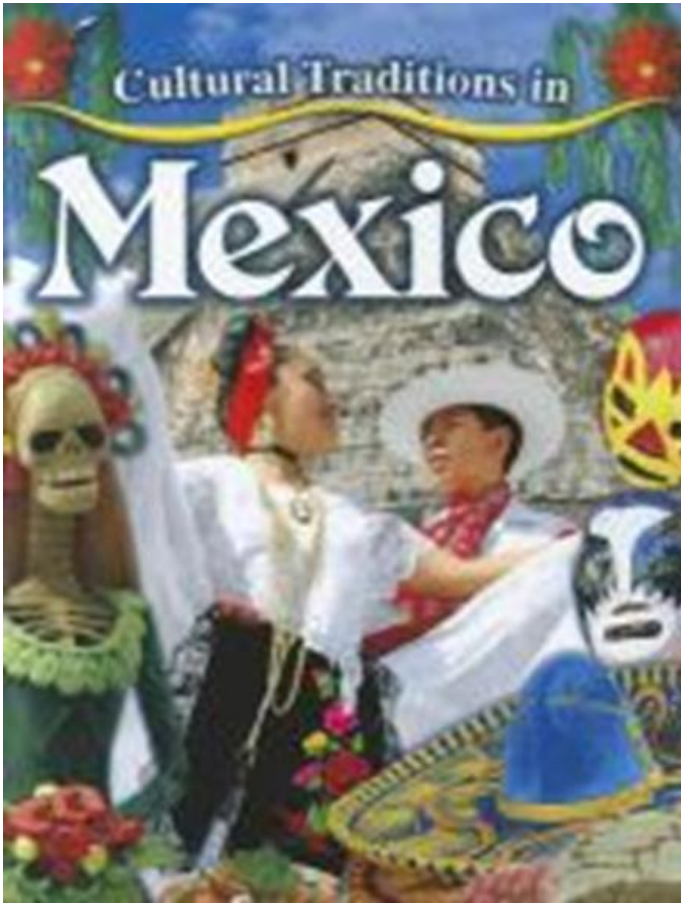
A very important part of the Tales and Travel Memories program is **leaving time at the end** for participants to thumb through books and discuss the topic.



Image is licensed under CC BY-NC-SA 2.0

What kinds of books do we bring?

- Children's non-fiction books
- Coffee table books
- Occasionally travel brochures or maps if available

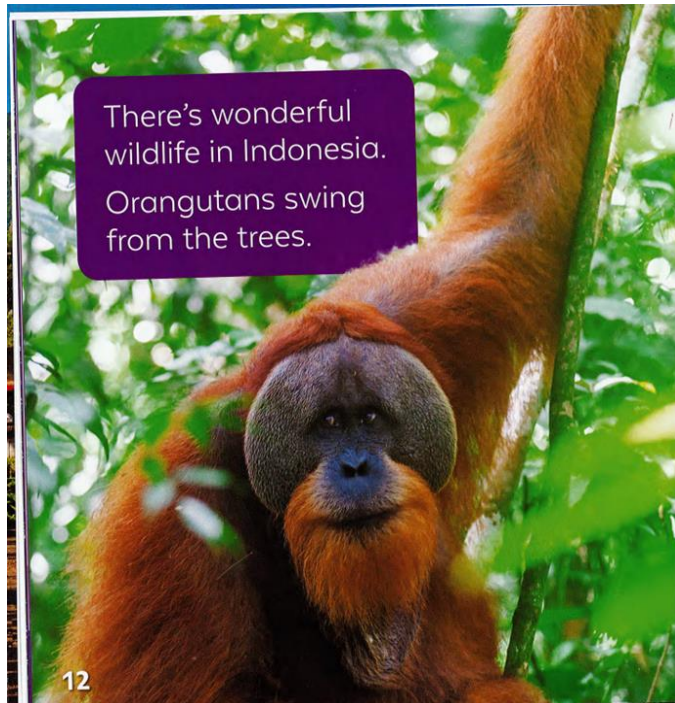


Peppas, L. (2012) *Cultural Traditions in Mexico*.
New York, NY: Crabtree Publishing.

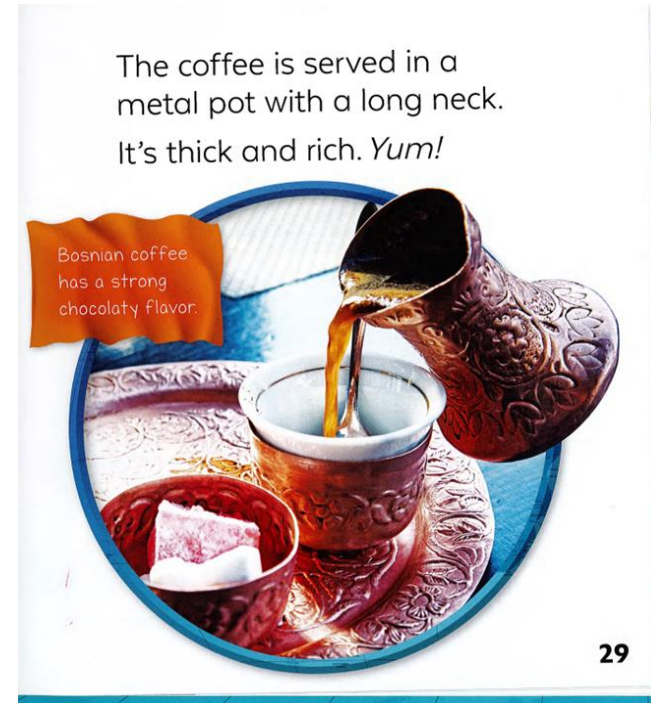
Advantages of using children's books:

- Light weight
- Less text, more pictures
- Often can be found with larger fonts
- Simplified sentence structure

Consider your audience. Occasionally, books with extremely simple text like this might be appropriate, but for higher functioning groups, the simplicity of it might be offensive. Some examples of things I would NOT use:



Rose, R. (2020) *Indonesia*. New York, NY: Bearport Publishing, p. 12



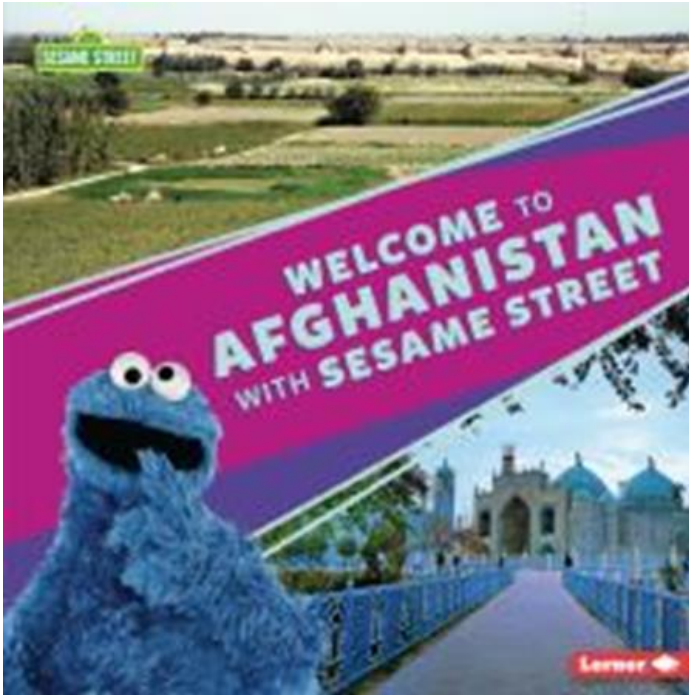
Blake, K (2020) *Bosnia and Herzegovina*. New York, NY: Bearport Publishing, p. 29



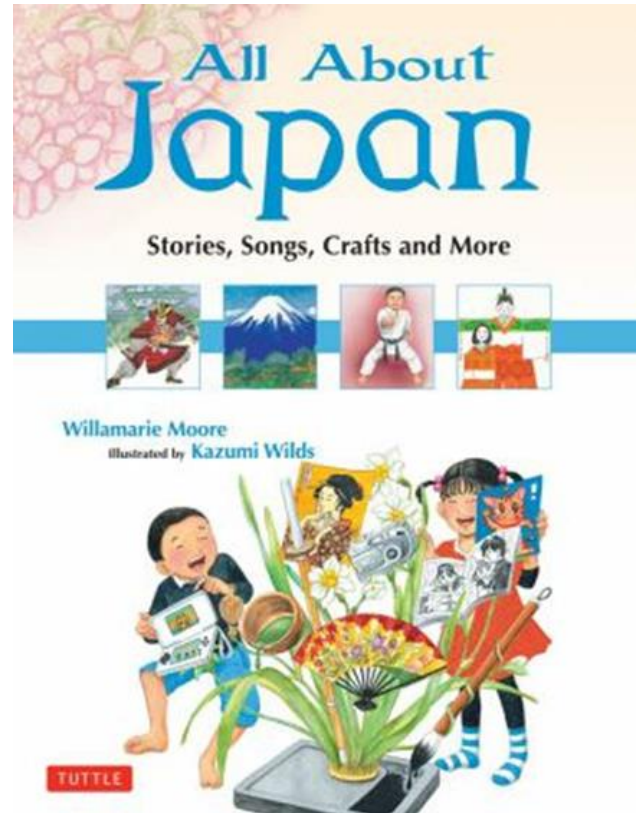
Image from: Golkar, G. (2021) Madagascar. Minneapolis, MN: Bellwether Media, p. 11

Avoid books that have too much going on on each page as it can be distracting and make it hard for someone with dementia to focus on the text.

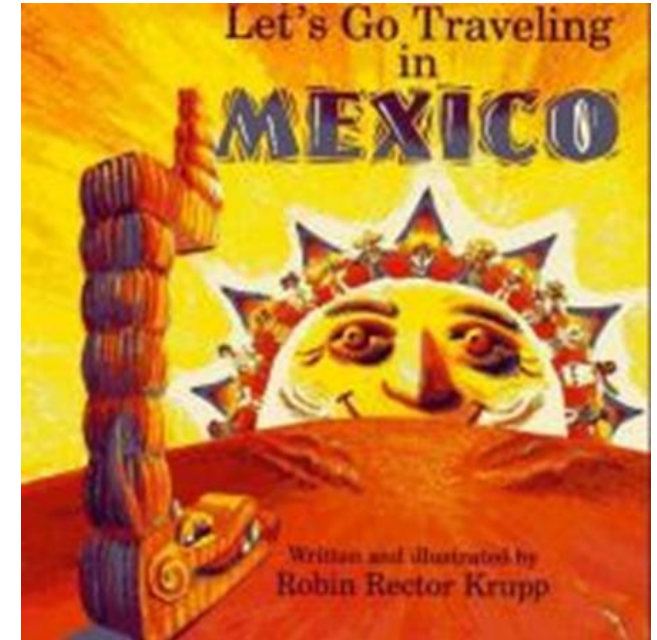
Even if they have good, relevant information, cartoonish illustrations could make a book seem too childish.



Peterson, C. (2022) *Welcome to Afghanistan with Sesame Street*. Minneapolis, MN: Lerner Publications



Moore, W. (2011) *All About Japan*. North Clarendon, VT: Tuttle Publishing



Krupp, R. (1996) *Let's Go Traveling in Mexico*. New York, NY: Morrow Junior Books



Image pictured here is *Fodor's Caribbean 2011* (2011).
N.Y.: Fodor's Travel.

Avoid travel guides like Fodor's because they have very small text and fewer pictures.

Choose coffee table books with rich photography. Folks may not read the whole book, but they might read captions below pictures.

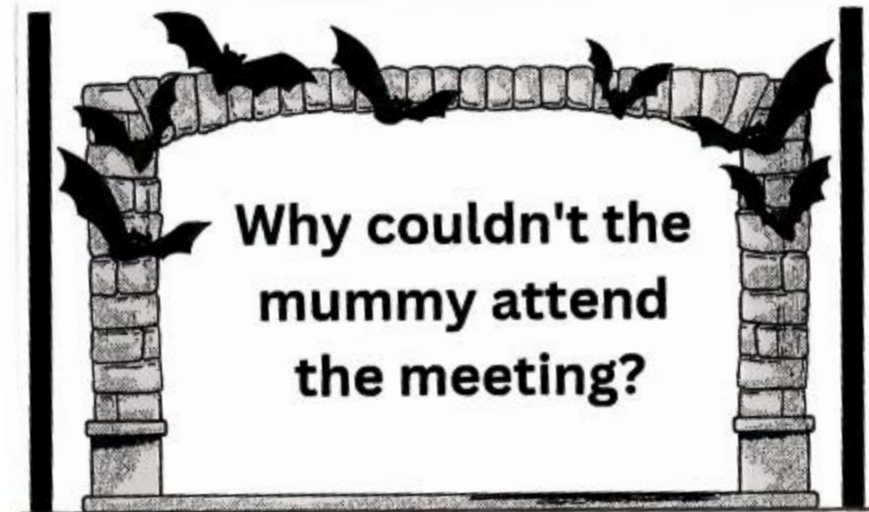


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You don't have to just do travel programs! You can incorporate reading into similar programs on any subject. The sky's the limit!

Type up trivia questions or jokes around a theme of interest. Have the participants take turns answering the questions or reading the jokes.

**What monster
was created in a
laboratory by an
evil scientist?**





Read a newspaper or magazine article together and discuss it.

Example: Stein, Jared. "Why We Love Opening Day." Gunaxin, 30 March 2018.
<https://gunaxin.com/love-opening-day>

Excerpt:

"Do we really need another reason to play hooky from our lives and escape to the ballpark for a few hours? I think not. Heading out to catch your team kick off the season with your friends and like-minded fans while enjoying some of America's finest over-priced beer is the preamble to Memorial Day. Opening Day for Major League Baseball symbolizes the change of seasons from our dark, cold winters to our chirpy, sunny start of spring. Like Memorial Day, it is not officially the start of the new seasonal change, but it is, for all intents and purposes the start of the new season, and for that, we celebrate."

Local History

Is there a local history site in your area? A famous landmark? A factory that produces something unique?

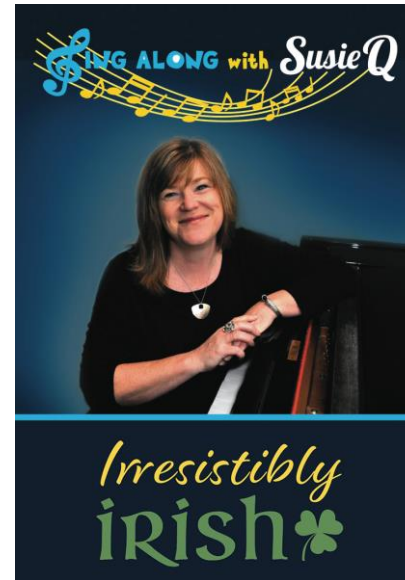
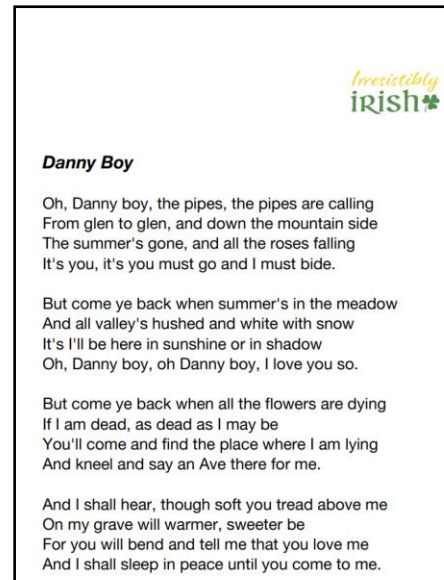
- Chances are good that there is already appropriate literature written that talks about the place. Check on their website or with their visitor's center.
- You may need to enlarge the text for your readers.
- Chances are good that your readers already know something about the place. That can spark memories and good discussion.



Mahaffie Farmstead and Stagecoach Stop, Olathe, KS
Image is licensed under CC BY-NC-ND 2.0

Using Music Lyrics as Reading Material

Read printed lyrics to songs as poetry, use them for a singalong or sing along with a video with captioned lyrics. This could be done at Christmas, Valentine's Day, 4th of July, in conjunction with a 1950's theme, or really, any time.



McAllister-Bee, S. (2019) *Irresistably Irish* [DVD]. St. Thomas, Ontario, Canada: Bee Music Studios

Dear Santa Claus,
My name is Dennis Lee Garrett. I'm 6 years old and I live in Blanchard, Oklahoma.
I want you to bring me a drum "mother loves drums", and a cattletruck.
Santa Claus, I'm going to mind mother all next week I'm going to pick up all my toys when mother tells me to and clean up my room and I'm not going to jump on the bed anymore and I'm not going to tell any more fibs, like telling people that I get up in the middle of the night and cook corn on the cob after mother and daddy are asleep when everyone knows that I won't go from one room to another by myself after dark.
Love,
Dennis Lee Garrett

The Blanchard News (Blanchard, Oklahoma) · 22 Dec 1960, Thu · Page 7

Seasonal Reading Activities

One fun reading activity we have done at Christmas time is to read letters to Santa that children have written that were published in the newspaper.

You can find these on the internet or by searching through old newspapers online such as newspapers.com. Enlarge the text on a copy machine for easier readability.

These are funny, but they also evoke childhood memories of favorite toys and holiday traditions. This can lead to lively discussions.

Seasonal Reading Activities



Skies of blue, crisp and clear.
Brilliant blooms afar and near.
Cheerful calls of birds in flight.
Trees and lawns so green and bright.
Sun provides a perfect kiss
of warm and cool that feels like bliss.
A time to show off nature's bling.
The soul lights up in time of Spring.

L. Goyen

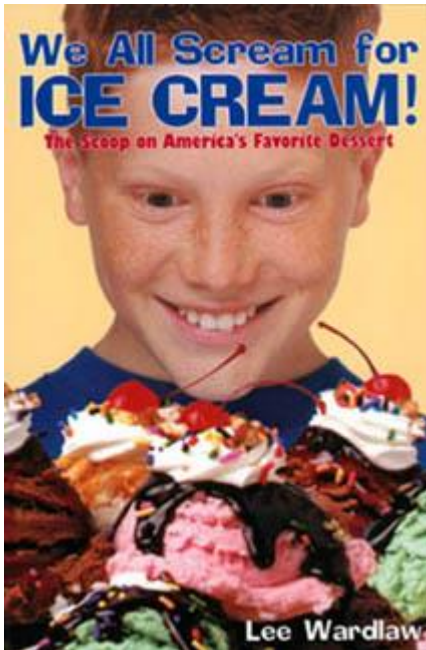
Image from: lauriegoyen.blogspot.com

Poetry is a good reading option for people with dementia. Choose several poems on a similar topic like “Spring” and take turns reading and discussing.

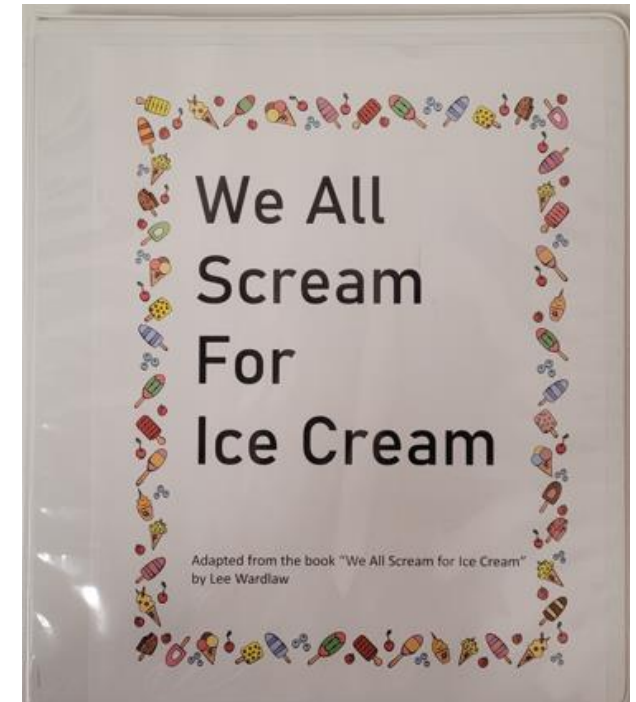
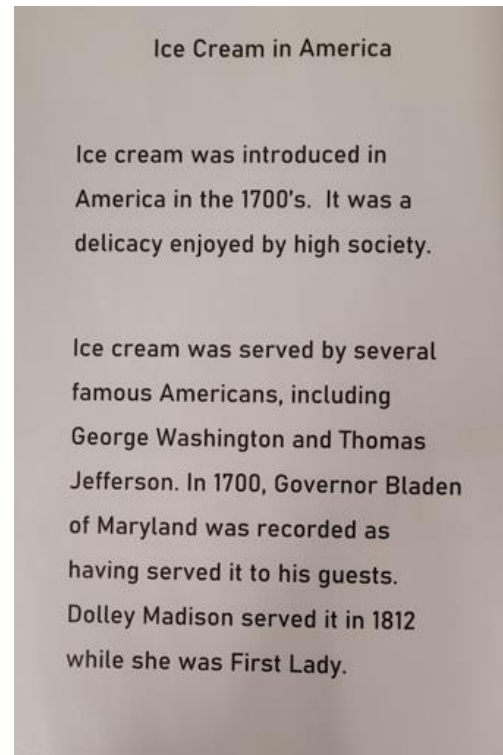
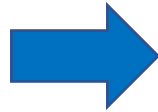
- Use short poems (maximum one page)—these can be from children’s books or adult books or even found online.
- Participants can take turns reading, or a call and response technique can be used. Check out Gary Glazner and the Alzheimer’s Poetry Project: www.alzpoetry.com or on YouTube

Create Your Own Adaptive Reading Material

Choose an adult non-fiction book on a topic of interest and select a just a few paragraphs to read and discuss—or simplify them into a few paragraphs yourself.



Wardlaw, L. (2000) *We All Scream For Ice Cream!*
New York, NY: Harper Collins



Shared Reading – Reader Organization

A Literature-Based Intervention for Older People Living with Dementia

An evaluation report by the Centre for Research into Reading, Information and Linguistic Systems

University of Liverpool



UNIVERSITY OF
LIVERPOOL

CENTRE FOR RESEARCH
INTO READING,
INFORMATION AND
LINGUISTIC SYSTEMS

- Billington, J. (2013). A literature-based intervention for older people living with dementia. *Perspectives in Public Health* 133(3):165-73.
<https://www.liverpool.ac.uk/media/livacuk/iphs/researchgroups/A,Literature-Based,Intervention,for,Older,People,Living,with,Dementia.pdf>

More Studies on Shared Reading

- Rimkeit, S. and Claridge, G. (2017). Literary Alzheimer's, A qualitative feasibility study of dementia-friendly book groups. *New Zealand Library & Information Management Journal*. 56(2):14-22.
<https://doi.org/10.6084/m9.figshare.5715052.v2>
- DeVries, D. et al. (2019). The impact of reading groups on engagement and social interaction for older adults with dementia: A literature review. *Therapeutic Recreation Journal*. 53(1): 53-75.
<https://doi.org/10.18666/TRJ-2019-V53-I1-8866>

Memory Cafes



Photo: David Hanson

Dementia Friendly America



Find Dementia Friendly Communities Near You

Dementia Friendly America Network

Communities and states across the country are joining the Dementia Friendly America movement! For information about a specific community, please email the community/state lead listed below.

For more information on joining the DFA network of communities check out the [DFA Readiness and Recognition criteria](#) or contact info@dfamerica.org.



Alabama

State Lead

DeLane Richardson

DementiaFriendlyAL.org

The Dementia Friendly Alabama initiative has provided grants to nine community groups to engage in dementia friendly community efforts: Opelika, Birmingham, Dothan, Huntsville, Mobile, Pelham, Camden, Cognitive Dynamics Foundation, and Tuscaloosa.

Library Sector Guide



Libraries

Libraries are respected community institutions and vital to a dementia friendly community because they provide access to resources, services, and programs for people living with dementia and their families.



Memory Café Tools

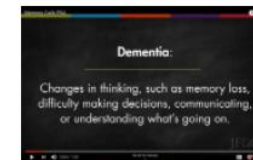
[Memory Café Directory](#)



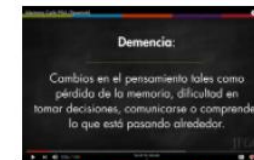
[Memory Café Percolator Network](#)

JF&CS Memory Café Percolator

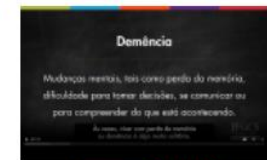
The JF&CS Memory Café Percolator shares information and tools to make it easier for organizations and individuals to start and sustain their own memory café.



Memory Café PSA
English



Memory Café PSA
Spanish



Memory Café PSA
Portuguese

[History of the Percolator Network](#)

[What Are Memory Cafés?](#)

[Join the Percolator Email List](#)

[Memory Café Resource Links](#)

[Archive of Percolator Quarterly Meetings](#)

[Massachusetts Memory Café Directory](#)

Tales & Travel at Memory Cafes



Photo: David Hanson

Dementia Friendly Tempe Memory Café		
Tempe Public Library, 3500 S. Rural Rd. Mondays, 9:30 a.m. to noon		
January - March 2020 - Topics and Activities		
Date	Presenter	Topic / Activity
Jan. 6	Mary Beth & Brian	Tales & Travels to Australia
Jan. 13	Kristin & Tammy	Music Therapy
Jan. 20	HOLIDAY	NO CAFE
Jan. 27	Amanda	Music & Movement
Feb. 3	Mary Beth & Brian	Tales & Travels to Brazil
Feb. 10	Tommy	Music /art

Digital Resources

- Tales & Travel Adventures
 - Created in response to pandemic lockdown
 - Offers interactive literacy activities to virtual memory cafes via Zoom
 - Eleven adventures available on YouTube and as pdf's
 - <http://talesandtravelmemoies.com/memory-cafes/>

Tales & Travel Adventures: Let's visit...London



With Mary Beth Riedner

Retired Librarian & Creator of [Tales & Travel](http://talesandtravelmemoies.com)

Interactive Literacy Activities for those Living with Dementia

October, 2020

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After a good night's sleep and a proper English breakfast, we need to get on the bus to go to the Tower of London on the Thames River. Here is the Tower bridge in the distance.



More Digital Resources

Local history – Champaign (IL) Public Library

- [Let's visit...Downtown Champaign, IL](#) (YouTube)

Rush Alzheimer's Disease Center

- [Black History Month Activity book](#) – Feb. 2022



Free NNLM Webinar on YouTube

Dementia-Friendly Awareness for Libraries



Christine C. Damon, MEd, MFCS
Gerontologist/Owner, Lessons In Care L3C



Lessons in Care L3C

Funded by the National Network Libraries of Medicine.

(1)

Objectives

- Introduce NNLM dementia resources
- Describe dementia; identify challenges & strengths
- Share needs identified by people with dementia
- Outline and discuss basic communication strategies
- Share dementia-friendly practices for libraries
- Provide strategies for enhancing the physical environment
- Summarize values of dementia-friendly communities
- Wrap-up
- Q & A



https://youtu.be/kVNjCnNJ_xc

What's Next?

- Inspiration for experimentation
- Reader's Advisory for Individuals?
 - 81% live at home in the community
 - Appointments and/or questionnaire
- Partnerships
 - Dementia Friendly America
 - [Area Agencies on Aging](#) (AAA)
 - Local research hospitals
 - Cooperate with other libraries
 - [Library Memory Project](#) – 21 WI libraries

Library Services for Dementia/Alzheimer's

- Interest group of ODLOS/ALA
 - No membership fees
 - LSDA Connect for ALA members
 - LS4DA Google Group
 - Come join us!
 - Openings in leadership team
 - Subcommittees for special projects

Stephen T. Riedner Grant for Life Enhancing Library Programs for People Living with Dementia

RUSA
Reference and User Services Association

**STEPHEN T. RIEDNER GRANT FOR LIFE ENHANCING LIBRARY PROGRAMS
FOR PEOPLE LIVING WITH DEMENTIA**

The Stephen T. Riedner Grant for Life Enhancing Library Programs for People Living with Dementia was established in memory of Stephen T. Riedner by his wife, Mary Beth Riedner, and his sister-in-law and brother-in-law, Jane and John Gallick. During his ten-year journey through a young-onset dementia, Steve's strong spirit was always an inspiration. He was determined to maintain his identity, dignity and independence for as long as possible. He demonstrated by his example that people living with dementia deserve the same respect and consideration as every other human being.

Motivated by his courage, his wife Mary Beth, a retired librarian, began to encourage libraries to expand their services to these often stigmatized and neglected people.

Early inspiration came from the Guidelines for Library Services to Persons with Dementia established in 2007 by the International Federation of Library Associations (IFLA). She was instrumental in the establishment of the ASGCLA Interest Group for Alzheimer's and Dementia (IGARD). This interest group, now known as Library Services for Dementia/Alzheimer's (LSDA), became a part of ODLOS when ASGCLA was disbanded in 2020. She has been an active member on the leadership team of this interest group since its inception. She is also the founder of "Tales & Travel Memories" and "Tales & Travel Adventures", which are interactive book and reading programs for people living



- Second round of grants will be awarded in 2023.
- This grant supports NEW programs, not existing ones.
- Two \$2,500 grants are awarded each year.
- Submit a completed [application](#) by Feb. 17, 2023.
- ALA membership is not required to apply.

Contact Information

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