



DON'T PUSH THE RIVER

DEBORAH GONZALES

Deborah Gonzales ~ Senior Services Librarian ~ Arapahoe Libraries

Services that we provide to seniors in our community at Arapahoe Libraries:

- ❖ Lobby Stops
- ❖ Home Delivery Services
- ❖ Book Talks for Seniors
- ❖ Book-a-Librarian for Seniors
- ❖ Programming in Skilled Nursing and Memory Care units
- ❖ Memory Care Programming inside the Library

Do you remember your high school prom?

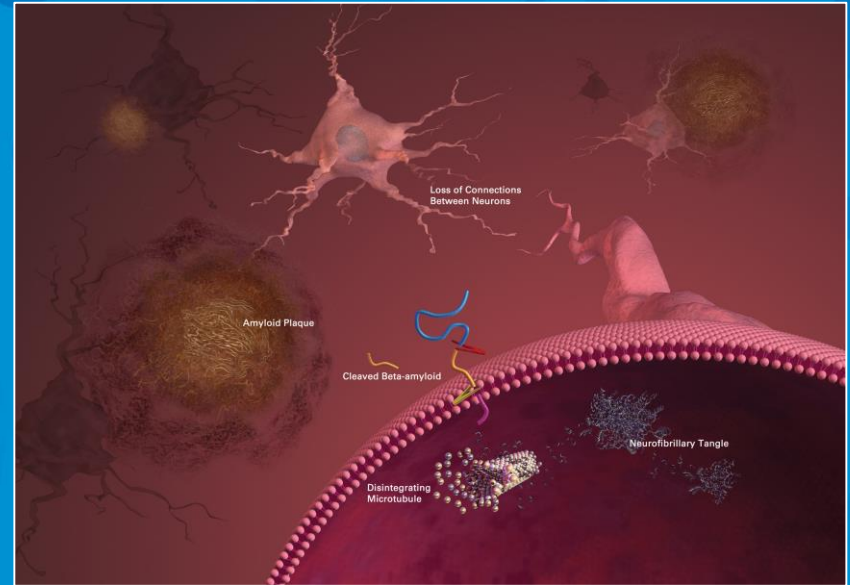
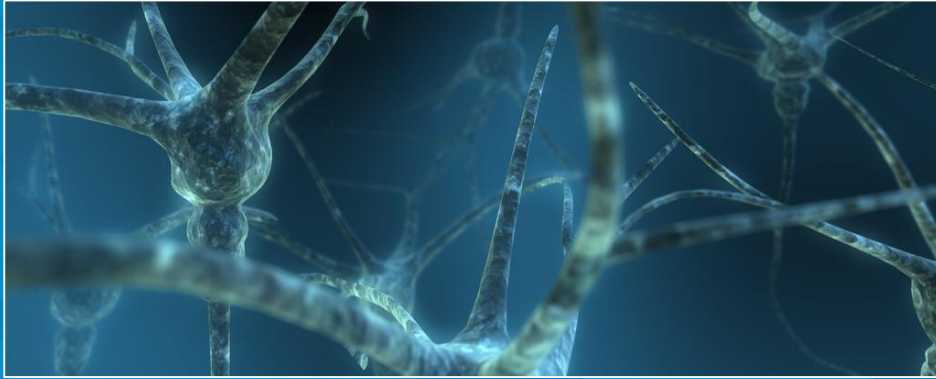
How many children do you have?

Did you have fun this weekend?

***"I don't like it when people ask me to
remember....."***

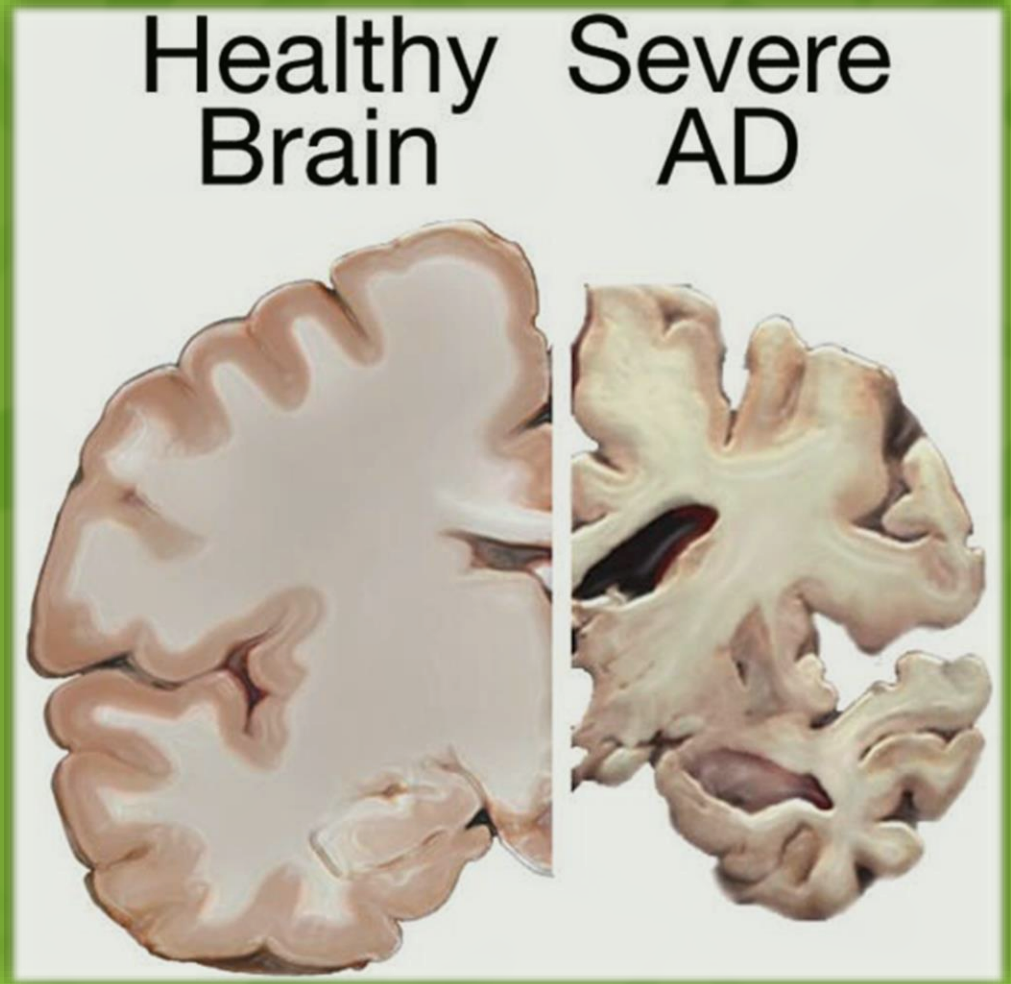
I can't remember!!!"

❖ Most types of dementia are a one way journey



Currently, there are medications that delay the onset of severe symptoms and slow down the progression of the disease.

However, there is no cure as of yet....



❖ Even though memories and cognitive functioning may be impaired, people with dementia have loads of creativity and curiosity



❖ It's possible to build joyful interactive programming for people with dementia without requiring anyone to use their memory



At this point I've divided my memory care programming into 3 areas

- ❖ People with beginning stage dementia & their care partners ~ in the library
- ❖ People with beginning to mid stage dementia ~ senior residences
- ❖ People with late stage dementia ~ memory care units in senior residences

People with beginning stage dementia & their care partners ~ Creative Care Café ~

- ❖ First half hour is fun activity we all do together as a group
- ❖ The next hour allows space for care~partners to develop a social support system
- ❖ We provide fun games and creative projects so that members with dementia can socialize
- ❖ We've created our own memory café. If you are short on resources, contact your local Alzheimers Association



Early to mid-stage dementia for those in senior residences

- ❖ TimeSlips, call & response poetry, or a story
- ❖ Rummage Wagon

TimeSlips

An improvisational storytelling technique
which allows everyone to participate equally.

TimeSlips.org



- ❖ First, you get a picture that appears staged. Make a copy for each participant to hold
- ❖ Then as everyone is looking at the picture, ask open-ended questions
- ❖ The result is a lovely story.....



Dancing in the Street

Outdoors

By a sidewalk

It's warm out

Look at all those wonderful instruments

If only we could hear...If only we could hear!

She has a key to get back in her room

Hanging on her sweater

To me, she looks like a Barbara

She's doing a dance and she's proud of it!

She has to get thinner

Look at all the instruments, at least four

There are people in the background

She's brave, isn't she?

She's able to dance to whatever she is hearing

Or...she's a show off

She's got the urge to dance to the music

She's got the band all around her

It's fall or spring

Whatever it is, she's happy

And a show off

She may be pretty good...she's very good

The key could be for her room, her house or her heart

Saturday Afternoon on the Boardwalk



Florence Nightingale
She's very relaxed, sexy and happy
Self confident, she's posing
She came from her parents; it's easier that way!
She likes boys
She's a showoff
She might have a family but she doesn't care about
them right now
She wishes she didn't have to wear those stockings
She wants to be in a beauty contest, Atlantic City,
on the Boardwalk, Miss America
And she wants to go swimming
She's gotta take that uniform off
She'll either be a knockout or we'll throw stones at
her
Then she'll go swimming, the water will like that!

Fly Me to the Moon!



We have Super Man here
Super Dog!

That dog is so cute
his name is Fly Boy
He belongs to Fly Mama!
He's going to a costume party
One assumes he can fly...
Fly Girl and Super Kitty
will be at the party
They will compare capes!

Rummage Wagon

A themed wagon filled with ephemera that we look at and talk about



Travel and adventure





1950's

Holidays



Late-stage dementia for those in memory care units in senior residences

- ❖ It takes greater energy to be present
- ❖ Often non-verbal
- ❖ May have limited physical movement

Cats, Cats, Cats! And a few puppies!



Picture Books written specifically for people with dementia

Paint with water

And soothing apps for those
Might be fussy



**And when things don't go as expected,
go with the flow...**



Remember to take care of yourself



dgonzales@arapahoelibraries.org

Phone: 303-792-8999 x12617

THIS WEBINAR IS PROVIDED
IN PART BY:



SAVE THE DATE



BE YOUR OWN GRAPHIC DESIGNER

TUESDAY, APRIL 4 – 2-3 PM ET (1-2 PM CT)

S3: STRATEGIES FOR SERVING SENIORS

THURSDAY, APRIL 13 – 2-3 PM ET (1-2 PM CT)

KEEPING UP WITH THE CREEPY CRAWLIES

TUESDAY, APRIL 25 – 10-11 AM ET (9-10 AM CT)

THANK YOU!

DEBORAH GONZALES

DGONZALES@ARAPAHOELIBRARIES.ORG

303-792-8999 X12617

ARAPAHOELIBRARIES.ORG

[CE Events Calendar](#)

[Free Services to Libraries](#)

[KY Public Library Certification](#)



[facebook.com/KDLACE](https://www.facebook.com/KDLACE)



[@KDLALibDev](https://twitter.com/KDLALibDev)