Check-out kits are also available for personal or professional caregivers to use with diagnosed persons. Libraries are encouraged to replicate this program using 12 prepackaged “excursions” available at the Tales and Travel website. A video of the program in action is also available at the website.

US National Library of Medicine Research Study (2016) - Benefits of the Tales & Travel Program

- Cognitive and social interactions of participants increased during the program.
- Relationships between individuals with dementia and their caregivers showed improvement resulting in less stressful interactions.
- Volunteers noted an improved perception of individuals with dementia after participating in the program, helping to reduce the stigma of the disease.

- This project has been funded in part by NIH Grant Numbers HHSN275201100005C and U2C RR024148-10. The contents do not necessarily reflect the views of the National Library of Medicine or the National Institutes of Health.

Library Memory Project - Bridges Library System

The Library Memory Project is a partnership between 8 public libraries in the Milwaukee and Waukesha counties of Wisconsin. The partner libraries take turns hosting monthly Memory Cafes, which are social gatherings for those who are experiencing early stage dementia, mild memory loss or mild cognitive impairment, and a family member or care partner. The Cares serve as places to have fun, find support, and share experiences. Find more information at www.librarymemoryproject.org.

US National Interest Group - IGARD

- Alzheimer’s & Related Dementias Interest Group (IGARD) – an interest group of the American Library Association’s (ALA) Association of Specialized and Cooperative Library Agencies (ASCLA) Division - http://www.ala.org/ascla/interestgroups/igard

- Inspired by the IFLA Guidelines for Library Services to Persons with Dementia, 2007.
- This interest group focuses on creating, disseminating and implementing guidelines for library services to people with Alzheimer’s and related dementias.
- For best practices in the US, visit the National Survey of Current Practices.
- Subscribe to the free IGARD listserv via the IGARD website.

Overall Success of Tales & Travel Program

<table>
<thead>
<tr>
<th>Location</th>
<th>Monthly Memory Cafe Hours</th>
<th>Overall Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gail Borden Public Library, Elgin, IL</td>
<td>1.5%</td>
<td>79%</td>
</tr>
<tr>
<td>Tales and Travel, Elgin, IL</td>
<td>7%</td>
<td>57%</td>
</tr>
<tr>
<td>Tales and Travel, Waukegan, IL</td>
<td>14%</td>
<td>79%</td>
</tr>
</tbody>
</table>

Stories for Life - Stories of Life

The goal of the program is to expose residents to new technology and stimulate their minds and memory by playing games on library iPads. This unique program is a great way to interact with a wonderful segment of our community so deserving of fun and engagement while they live with memory loss and Alzheimer’s. For more information go to http://www.ala.org/pla/onlinelearning/webinars/ondemand/memory.

Selected Resources