

# Reconnecting Persons with Dementia to their Libraries: Using Library Materials to Improve the Quality of Life for People living with Alzheimer's and other Dementias



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## Tales and Travel

*Gail Borden Public Library  
Elgin, IL*



Implemented at 10 memory care facilities, this award winning program encourages oral reading, browsing through highly illustrated books, and conversation through imaginary trips to locations across the globe. The monthly hour-long program is delivered by volunteers and library staff.

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 at <http://talesandtravelmemoires.com/about/>. A video of the program in action is also available at the website.

## ElderPlus Reading Program

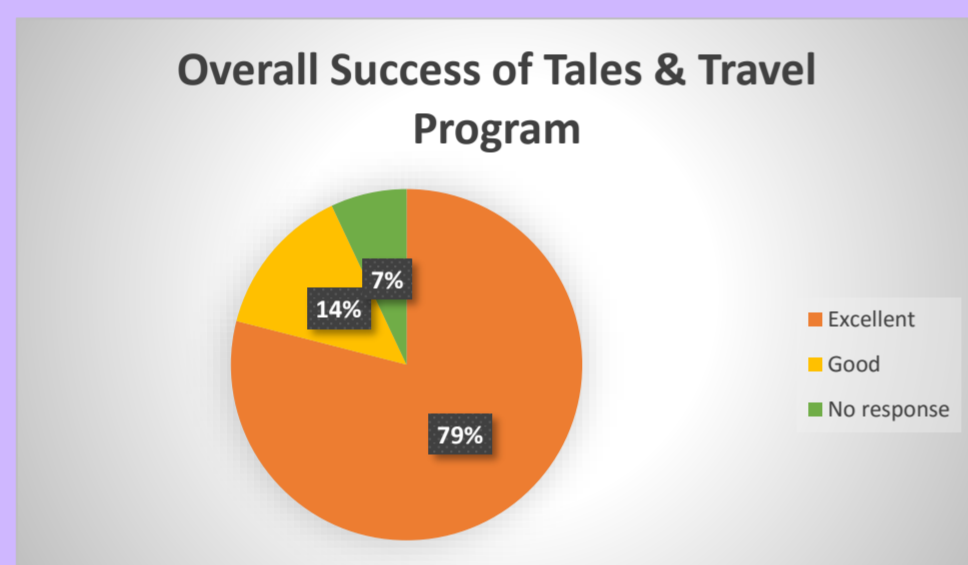
*Johns Hopkins Bayview Medical Center  
Baltimore, MD*



While some of the participants in this adult day care program can still read, many others prefer to listen to the "Library Lady" read to them. They participate through nods and smiles and enjoy hearing short stories from the past that they can identify with, which are often found in magazines such as *Good Old Days* and *Reminiscing*. Storytelling will soon be added to the program which has become a permanent part of the Hopkins ElderPlus monthly programming.

## 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 whole or in part with Federal funds from the Department of Health and Human Services, National Institutes of Health, National Library of Medicine, under Contract No. HHSN-276-2011-00005C with the University of Illinois at Chicago.

## Stories for Life

*Springfield-Green County Library  
Springfield, MO*

Librarians bring themed visits to local memory care facilities including activities that encourage discussion and pleasant reminiscing, while bringing the fun, educational benefits of the Library to the facility. Each month, staff share simple stories, provide interactive memory games, read poetry, furnish visual and tactile stimulation and present interesting historical or local information. For more information go to [thelibrary.org/seniors](http://thelibrary.org/seniors).



## Library Memory Project

*Bridges Library System  
Waukesha, WI*

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 Cafes serve as places to have fun, find support, and share experiences. Find more information at [www.librarymemoryproject.org](http://www.librarymemoryproject.org).



## Memory Care and Technology Program

*Worthington Libraries  
Worthington, OH*



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>.

## 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.

## Selected Resources

- Mortensen, Helle Arendup and Nielsen, Gyda Skat. *Guidelines for Library Services to Persons with Dementia*. International Federation of Library Associations and Institutions. 2007.
- Dankowski, Terra. "Stimulating Minds: Libraries develop programs to serve patrons with Alzheimer's Disease and other forms of dementia." *American Libraries*, January/February, 2015, p. 54-57.
- Billington, J., Carroll, J., Davis, P., Healey, C., Kinderman, P. *A Literature-Based Intervention for Older People Living with Dementia*. University of Liverpool, Centre for Research into Reading, Information and Linguistic Systems. 2012.