

# Reading

Many seniors have memories of being read to as a child, reading to their children, or reading themselves. Reading alone now can be challenging for seniors for a few reasons:

- They can't see anymore because of macular degeneration or glaucoma
- They can't read anymore because of cognitive declines
- They can't hold the book anymore because it's too heavy especially a hard cover!

But this is where you come in! You can read aloud to your client and bring back the joy of reading. And reading together is a wonderful way to engage with your clients while stimulating their brains and your conversations at the same time.

Reading every day helps preserve language and memory longer. Many people with dementia retain their ability to read but may lose focus or are easily fatigued. Choosing the right reading material is the start. Read on for suggested reads for all levels of dementia along with helpful tips for successful reading sessions.

For more on seniors with dementia and reading, visit:  
[Reading Improves Memory and Helps Prevent Dementia](#)

**A MOMENT IN TIME:**  
LET'S LEARN, LAUGH, PLAY AND PRAY!

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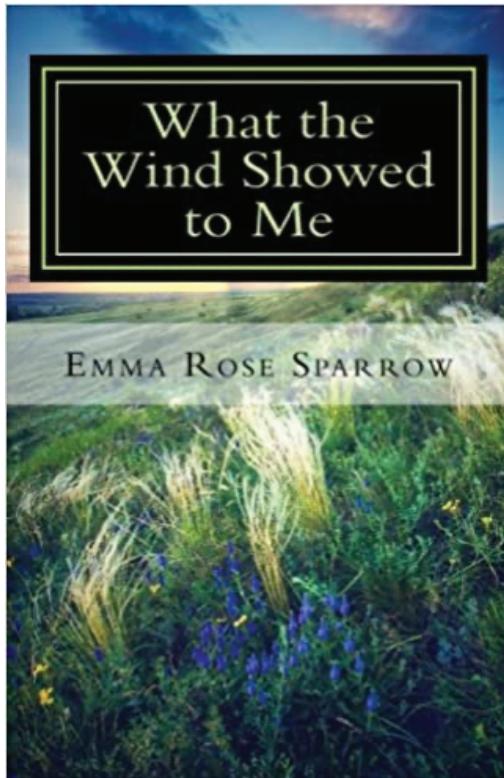


# Reading

## WHAT TO READ - MILD TO MODERATE DEMENTIA

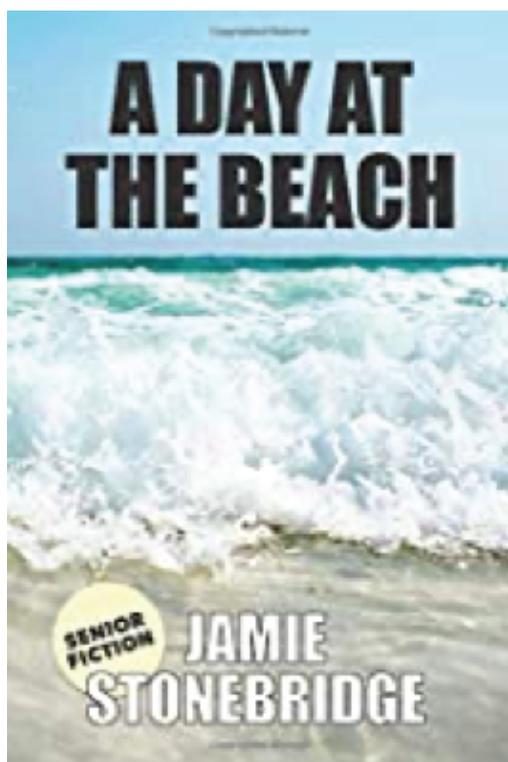
For those clients with mild to moderate dementia, select short stories, articles, poems, newspaper, and magazine articles. A familiar classic book from childhood might be just right too.

There are several series of books written for seniors with dementia that are disguised like a normal "real" book but are written with large print, less text and include photos. Check out these two authors on-line.

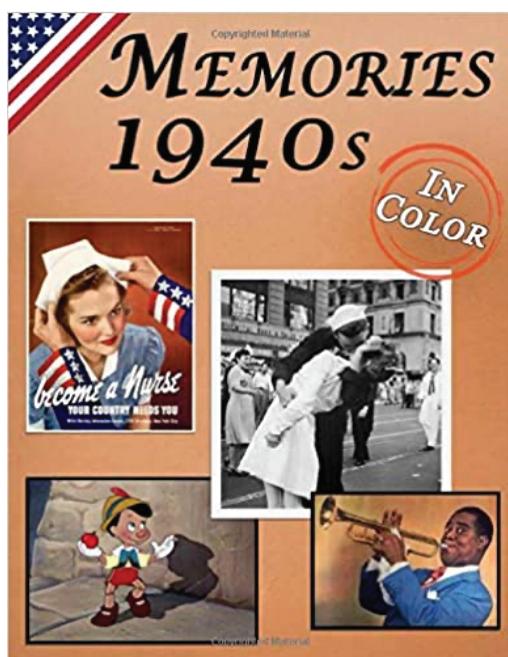


This is one of a series of books for dementia patients (or those with Alzheimer's), disguised as a "real" book. Offers self-esteem and self-confidence to former bookworms who now struggle with "normal" books. You will know that you're buying a book that is perfect for a dementia or Alzheimer's patient, but the reader will only know that he/she is receiving a beautiful book that is eye-catching and easy to follow. Neither the title nor any text on or in the book states that the book is for dementia or any type of memory/ cognitive problems. It is truly concealed so that the reader is not insulted.

## Reading



This series is written in collaboration with people that have direct, positive experience of working with loved ones and patients that have dementia. They understand the enjoyment that can be gained from the simplicity of everyday events and the calming effect of a satisfying ending. The aim is always the same: to produce books that bring a smile. Real and relevant books give pride and confidence to people with Dementia, Alzheimer's, Parkinson's, rehabilitating after a Stroke or with memory and concentration issues.



Paperback – Large Print, March 2020  
Full of beautiful images from the 1940s in the United States that stimulate long-term memories. Share the fun and relaxing pleasures with a loved one of flipping through old photos that can spark conversation or reminiscence, reinforcing a sense of self and identity. Walk down memory lane with sections on music, movies, sports, fashion, the heroes of WWII, and much more. There is minimal text so that the images can prompt personal stories and encourage communication. Other decades available too.

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## WHAT TO READ – ADVANCED DEMENTIA

### PICTURE BOOKS

Seniors with advanced dementia may not be able to read words anymore but enjoy holding and paging through books and looking at pictures. Picture books (no text) of animals, flowers, landscapes, seasons, and color themes are successful because seniors with dementia feel successful reading their book. There are no characters, plots, story-lines to understand and remember. Just beautiful photos with one or two words if that.

### HOW TO GET THE MOST OUT OF PICTURE BOOKS:

- Be patient – linger on the pages
- Look for facial responses: eyes widened, smiles, thoughtfulness
- Listen for responses – laughter, any sound, comment
- If they linger or smile at a particular image, use that as a cue to ask a simple question:
  - What do you see?
  - What thoughts does this picture give you?
  - What feelings does this picture give you?
  - Tell me a story about a “peach” (or what the picture is)

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### LINKS TO PURCHASE BOOKS FOR SENIORS WITH DEMENTIA:

[4 Perfect Picture Books for Alzheimer’s and Dementia Patients](#)

[A Picture Book for Seniors, Adults with Alzheimer’s and Others](#)

# Reading



## NURSERY RHYMES

Nursery rhymes are familiar from your client's childhood as well as singing to their own children. They can be read or sung. Visit these links for easy access.

[Ants Go Marching and More Nursery Rhymes and More](#)

[Wheels on the Bus](#)

[The Bear Went Over the Mountain](#)

[100 Favorite Nursery Rhymes](#)

## PROVERBS/IDIOMS

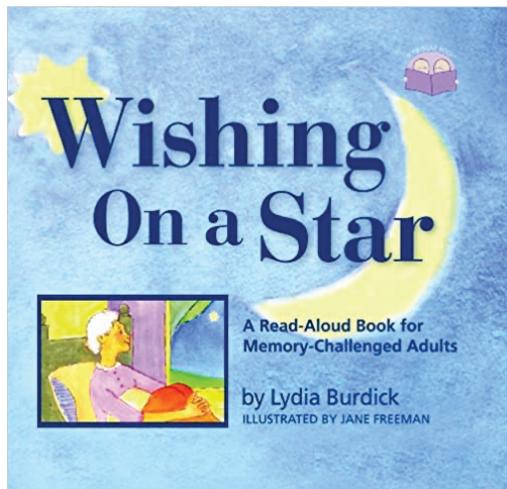
Familiar one-line idioms or proverbs in the secular sense (common expressions) like "You are barking up the wrong tree" are suggested. Visit this link for a full list.



[A-Z of English Idioms: 150 Most Common Expressions](#)

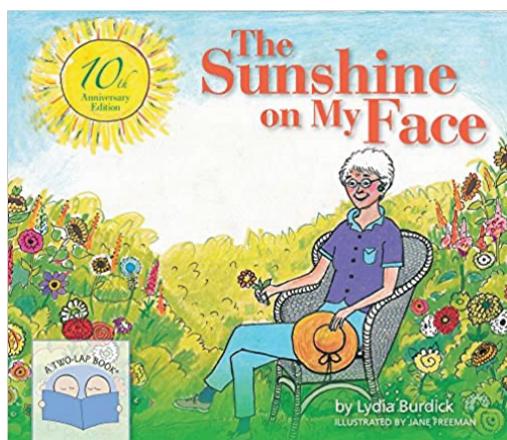
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## READ-ALOUD BOOK SUGGESTIONS FOR MEMORY-CHALLENGED ADULTS



[Wishing on a Star](#) (Two-Lap Books)  
by [Lydia Burdick](#), [Jane Freeman](#)

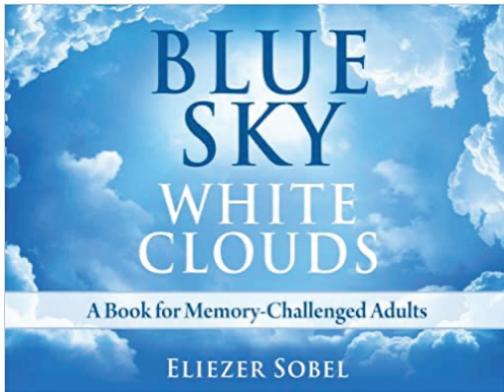
You won't find a simpler way to interact meaningfully and enjoyably with someone with memory impairment! Just sit down together, open this colorful and engaging book across both laps, and begin reading, reminiscing, and communing.



[The Sunshine on My Face](#) by [Lydia Burdick](#), [Jane Freeman](#)

Two-Lap Books® have provided a truly enjoyable way to spend time with loved ones who are experiencing memory loss. This beautiful anniversary edition of *The Sunshine on My Face* presents the pictures and stories that readers have come to love while introducing new content to make interactions with loved ones even more meaningful. Just sit down together, open this colorful and engaging book across both laps, and begin reading, talking, singing, joking, and reminiscing.

## Reading



### Blue Sky, White Clouds by Eliezer Sobel

In spending time with his 86-year-old mother in the advanced stages of Alzheimer's disease, author Eliezer Sobel discovered something astounding. Although she could no longer speak full sentences or follow a story line, his mother could still read! He observed her sitting in rapt attention as she paged through magazines and coffee-table books, reading individual words and short phrases aloud. He wrote *Blue Sky, White Clouds* for her: a simple, adult picture book with beautiful, realistic photographs and large, easy-to-read captions.

### HOW LONG SHOULD YOU READ?

You know your client probably better than anyone including their attention span. Follow your client's lead and when you feel you are losing them, STOP. Even five minutes is a successful activity.

Many clients may enjoy discussing what you read together. Reserve time for questions if you feel your client enjoys this part of the activity and before "they're done". For example, if you know your client's attention span is 20 minutes, read for 10 minutes and discuss for 10 minutes.

# Reading

## HELPFUL TIPS

- Sit beside your client in a quiet area without distractions
- Allow your client to turn the pages when possible so they are in control
- Avoid shadows or reflections on the page
- Put a pillow on your client's lap to support their hands and the book
- The couch is a great setting for a large picture book to share both laps
- Use the book to start conversations
- Other reading options include audio books and e-books
- Choosing reading material wisely is the key to successful reading

Reading can begin or continue to be a fun and meaningful activity for your client. Based on your client's present cognitive abilities, start with the suggested reading materials. Try different books and topics to check your client's interest and reaction to it. Be patient as you figure out together what works and doesn't work. Involve your client's family members in obtaining suggested reading materials or contact your local library. Please be sure to share your successes with the office. We'd love to hear from you!

