



# **The Activity Year Book: A Week by Week Guide for Use in Elderly Day and Residential Care**

*Anni Bowden*

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Engagement in meaningful activity is an important aspect of human existence, regardless of one's cognitive abilities. Even in the later stages of dementia, people can still be engaged in activities at a level that allows them to be successful. In fact in these later stages, where cognitive abilities may be waning, the need for activity becomes greater, as cognitive stimulation helps preserve what skills remain. For care staff looking after older people, many of whom may have some degree of dementia, coming up with ideas for activities of a suitable level to keep their residents engaged and stimulated can be challenging. The Activity Year Book solves this problem, offering week by week themed activities. From Valentine's Day quizzes to Bonfire Night word searches, it has activities relating to every important date in the calendar, and also encourages reminiscence and discussion around these events. This book will be invaluable to care staff looking for a simple way of improving the lives of their residents, week by week, all year round.

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