

Online resources for OT E-learning Modules 1 and 2

Physical and Seating

“Sod Sitting, Get Moving!: Getting Active in Your 60s, 70s”

<https://www.amazon.co.uk/Sod-Sitting-Get-Moving-Getting/dp/1472943767>

10 Tips about seating and postural care for older people

<https://www.dementiacentre.com/resources/14-10-tips-about-seating-and-postural-care-for-older-people>

https://alzheimer.ie/wp-content/uploads/2018/11/alzheimer_Brain-Health_-manifesto.pdf

https://alzheimer.ie/wp-content/uploads/2018/11/alzheimer_Brain_Health_leaflet.pdf

Enable Ireland (2016) Assistive Technology for People with Disabilities and Older People, A Discussion Paper)

NICE Dementia-Quality standard

<https://www.nice.org.uk/guidance/qs184/>

Occupational Engagement

Towards a Theory of Dementia Care: Personhood and Well-being Tom Kitwood and Kathleen Bredin

<https://www.cambridge.org/core/journals/ageing-and-society/article/towards-a-theory-of-dementia-care-personhood-and-wellbeing/DE0F3973C5539C0BDC499660609DF96B>

Pool Activity Level

<https://www.jkp.com/uk/the-pool-activity-level-pal-instrument-for-occupational-profiling-4.html>

The Home-Based Occupational Therapy Intervention in the Alzheimer’s Disease Multiple Intervention Trial (ADMIT)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4796755/>

Communication

How to Communicate with Someone with Dementia

<https://www.dementiacarecentral.com/caregiverinfo/communication-problems/>

Communicating Effectively with someone with dementia

<https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/symptoms/tips-for-communicating-dementia>

Occupation

OT Intervention in Dementia

Community based occupational therapy for patients with dementia and their care givers:

<https://www.bmj.com/content/333/7580/1196.short>

Dementia Inclusive Activity Ideas

Australian dementia website with ideas regarding activities and wellbeing in dementia

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/dementia-activities-and-exercise>

https://www.dementia.org.au/files/helpsheets/Helpsheet-DementiaQandA08-PhysicalExercise_english.pdf

<https://arts4dementia.org.uk/>

<https://dailycaring.com/activities-for-people-with-dementia-10-fun-no-fail-ideas/>

Life Story

Alzheimer's Ireland have produced a blank template book available to purchase

<https://store.alzheimer.ie/product/my-life-story-book/>

Alzheimer's Australia have produced a free download template that can be used as suitable

<https://www.dementia.org.au/sites/default/files/20110303-NSW-LifeHistoryBook.pdf>

Dementia UK Website – Download the Life Story Book Template / guidance for using and the research

<https://www.dementiauk.org/for-professionals/free-resources/life-story-work/>

Reminiscence therapy with life story books for people with dementia: A systematic review
https://essay.utwente.nl/71681/1/SaladMohamed_BA_BMS.pdf

Reminiscence

The Multi-Sensory Reminiscence Activity Book
<https://dementia-e-library.overdrive.com/media/3644392>

The Reminiscence Activities Training Manual
<https://www.dailysparkle.co.uk/wp-content/uploads/2017/12/reminiscencetrainingguide-full.compressed.pdf>

Reminiscing Handbook by The Benevolent Society
<http://singsandthings.weebly.com/uploads/1/5/1/8/15189526/reminiscing-handbook-jan2006.pdf>

Reminiscence Arts
<https://www.theguardian.com/social-care-network/2015/oct/22/dementia-multi-sensory-therapy-reminiscence-arts>

Music

Playlist for Life website
www.playlistforlife.com

Music for dementia 2020
www.musicfordementia2020.com

Singing: 'Let's not sing Tipperary'
<http://letsnotsingtipperary.co.uk>

Sing for your Life
<https://singforyourlife.org.uk/the-silver-song-music-box>

International Longevity Centre commission report on music and dementia:
<https://ilcuk.org.uk/?s=music+and+dementia>

Article describing how people watching can be a meaningful activity in advanced stages of serious illness
<https://www.semanticscholar.org/paper/Doing-being-becoming%3A-occupational-experiences-of-Lyons-Orozovic/8e092aa38e1a461bec9f58f9f9f4180ca022958>

Singing is beneficial for memory and mood in early dementia – Journal of Alzheimer's disease

www.j-alz.com/content/singing-beneficial-memory-and-mood-especially-early-dementia

Group intervention using percussion instruments significantly reduced anxiety in patients with dementia

<https://www.ncbi.nlm.nih.gov/pubmed/21823174>

Pet Therapy

Therapeutic and Creative Use of Activity

<https://www.intechopen.com/books/occupational-therapy-therapeutic-and-creative-use-of-activity/animal-assisted-therapy-in-occupational-therapy>

Wagging Tails, Irish Therapy Dogs Newsletter (page 3) <https://www.irishtherapydogs.ie/wp-content/uploads/2013/03/ITD-Newsletter-Winter-2012.pdf>

Physical Exercise

Journal article on exercise: Groot C, Hooghiemstra AM, Raijmakers PG *et al.* (2016)

<https://www.ncbi.nlm.nih.gov/pubmed/26607411>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/dementia-activities-and-exercise>

Sensory and Tactile Work

Sensory Modulation in Dementia Care: Tina Champagne. Tina Champaign also runs training courses for Occupational Therapists in her material

<https://www.bookdepository.com/Sensory-Modulation-Dementia-Care-Tina-Champagne/9781785927331>

<https://www.ot-innovations.com/>

Thought provoking article by Occupational Therapist Tessa Perrin on using activities in dementia. *'Don't Despise the Fluffy Bunny': A Reflection from Practice*

<https://journals.sagepub.com/doi/abs/10.1177/030802260106400304>

The Snoezelen Approach to Dementia Care

<https://www.rompa.com/dementia-and-the-multi-sensory-room>

A Snoezelen Room

<http://www.worldwidesnoezelen.nl/en/clienten-en/item/75-alzheimers>

OT article looking at the underuse of Multi-sensory Environments in dementia.
<https://journals.sagepub.com/doi/10.1177/1937586716683508>

The Sonas Programme : Irish programme developed by Sister Mary Threadgold usually as a group activity to promote engagement and wellbeing for people with dementia.

<https://engagingdementia.ie/>

Coping Strategies

<https://www.alzheimers.org.uk/get-support/help-dementia-care/understanding-and-supporting-person-dementia-coping-dementia>

The Tailored Activity Program to Reduce Behavioural Symptoms in Individuals With Dementia: Feasibility, Acceptability, and Replication Potential

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2682173/>

Community

Nature

<https://www.youtube.com/watch?v=ZWh-14cq4dl>

<https://cyclingwithoutage.ie/>

<https://www.theguardian.com/social-care-network/2015/oct/29/dementia-alzheimers-isolation-nature-cornwall>

Dementia Inclusive Gardens

<https://www.irishtimes.com/life-and-style/health-family/how-to-create-a-dementia-friendly-garden-1.3497483>

Caregiver and Family Education and Support

Link to Understand together website which has good information for carers in the Irish context

<http://www.understandtogether.ie/>

Alzheimer's Society of Ireland

<https://alzheimer.ie/>

<https://www.alzheimer.ie/Services-Support/About-our-Services/Support-Groups.aspx>

Western Alzheimer's

<https://westernalzheimer.ie/>

Family Support Group:

Research article looking at determinants of care giver burden published in 2017.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5550537/>

Enhancing caregivers' understanding of dementia and tailoring

<https://pubmed.ncbi.nlm.nih.gov/26056858/>

The Brain - from the Fantastic to the Forgetful -Dementia Services Information and Development Centre (DSiDC) has published a dementia resource manual for teachers and a workbook for students. It educates students about the brain and the interaction between brain and lifestyle

<https://dementia.ie/education/e-learning/the-brain-from-the-fantastic-to-the-forgetful/>

Dear Grandma – A book explaining a Dementia diagnosis to children

<https://store.alzheimer.ie/product/dear-grandma-book/>

Feathers in my Brain - A book explaining a Dementia diagnosis to children

<https://www.crystalproject.ie/crystal-project-childrens-book-feathers-in-my-brain/>

The milk's in the oven A booklet about dementia for children and young people

<https://www.youngdementiauk.org/sites/default/files/MilksInTheOven.pdf>

[The Dragon Story](#) is a four minute-long animation which explains dementia to children aged 5-9 years old through the story of Simon and his grandpa Drake.

<http://gloriousopportunity.org/thedragonstory.php>

Lets talk about Dementia – Dementia UK has created a short animation to help explain dementia to young people and children.

https://www.youtube.com/watch?time_continue=192&v=IjDlf7gQWJs

Visit the Hello Brain carers campaign regarding information on caring for carers

<http://www.hellobrain.eu/en/carers/topic?id=caring-for-carers>

Alzheimer's Association of Ireland have an informative downloadable leaflet for carers

<https://alzheimer.ie/wp-content/uploads/2018/11/E1-Alzheimers-Inserts.pdf>

iSupport is an online training programme to support caregivers of people living with dementia.

<https://www.isupportfordementia.org/en/about-isupport/isupport-helps-you-how-to-take-care-of-yourself>

Cognition and compensation

Fact Sheet on Cognitive Impairment

OTA Fact Sheet on Cognitive Impairment

<https://www.ota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/PA/Facts/Cognitive-Disorders-Fact-Sheet.pdf>

Cognitive Rehabilitation (CR)

https://www.researchgate.net/publication/235792236_Evaluating_and_Comparing_the_Effectiveness_of_Sonastand_Cognitive_Stimulation_Therapy_CST_on_CognitionQuality_of_Life_Activities_of_Daily_Living_ADLSCommunication_Neuropsychiatric_Symptoms_andOccupatio
[o](#)

Cognitive Stimulation Therapy (CST)

[https://www.geriatric.theclinics.com/article/S0749-0690\(18\)31003-6/fulltext#:~:text=Cognitive%20Stimulation%20Therapy%20\(CST\)%20is,providing%20an%20Optimal%20learning%20environment.](https://www.geriatric.theclinics.com/article/S0749-0690(18)31003-6/fulltext#:~:text=Cognitive%20Stimulation%20Therapy%20(CST)%20is,providing%20an%20Optimal%20learning%20environment.)

<http://www.cstdementia.com/>

Article on the background and evidence of CST

<https://toolkit.modem-dementia.org.uk/wp-content/uploads/2016/04/CST-Intervention-Summary.pdf>

Article on Maintenance CST

<https://www.ncbi.nlm.nih.gov/books/NBK424178/>

<https://www.unforgettable.org/blog/what-is-cognitive-stimulation-therapy/>

Occupation focussed Memory Group Work

Effects of An Occupational Therapy Memory Strategy Education Group Intervention on Irish Older Adults' Self-Management of Everyday Memory Difficulties- Coe et al 2019

https://www.researchgate.net/publication/330224356_Effects_of_An_Occupational_Therapy_Memory_Strategy_Education_Group_Intervention_on_Irish_Older_Adults'_Self-Management_of_Everyday_Memory_Difficulties

Home Based Memory Rehabilitation for people with early cognitive impairment- Mary Mc Grath

<https://engagingdementia.ie/wp-content/uploads/2019/04/Mary-McGrath.pdf>

Home-Based Occupational Therapy Intervention in the Alzheimer's Disease Multiple Intervention Trial (ADMIT)

<https://pubmed.ncbi.nlm.nih.gov/26613656/>

Community Based programme on supporting family and carers of people with dementia. Graaf et al

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6858232/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6436117/>

Errorless Learning

Review article of the use of Errorless Learning in cognitive rehabilitation in dementia. Published in 2019.

<https://www.ncbi.nlm.nih.gov/pubmed/31008469>

Research article on the usability of errorless learning for everyday tasks.

https://www.researchgate.net/publication/256764973_Errorless_learning_of_everyday_tasks_in_people_with_dementia

Preventative risk factors in dementia

Preventative risk factors in Alzheimer's Disease

[https://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(14\)70136-X/fulltext?mod=article_inline&code=lancet-site](https://www.thelancet.com/journals/laneur/article/PIIS1474-4422(14)70136-X/fulltext?mod=article_inline&code=lancet-site)

Encouraging physical activity in older adults

<https://www.alzheimers.org.uk/get-support/daily-living/exercise>

Brain health and diet

Useful websites for benefits of a healthy diet on brain health and mental health

<https://alzheimer.ie/wp-content/uploads/2018/11/ASI-Eating-well-with-Dementia - website 2017.pdf>

<https://www.mentalhealthireland.ie/>

<https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

Memory aids and workbooks

Downloadable work books from the NHS

<http://www.abetternhs.com/free-downloads-of-self-help-booklets-and-books/>

There are also useful websites regarding brain health and some short educational films:

<http://www.hellobrain.eu/en>

<http://www.sabinabrennan.ie/animations>

<http://freedemliving.com>