Readers

Reading is a popular pastime and one that people with dementia can continue to enjoy. Our readers have been carefully designed to help make this easier by using large print and a readable font, one-sided printing, cues to help turn the pages, and a clean design with few distractions. There are a wide variety of subjects to choose from to help match the reader to the interests of the person.

IMPORTANT INSTRUCTIONS

Please take the time to read these Quick Start instructions. While the activity may seem easy enough to present, these instructions outline some simple steps that can make a big difference in the results. It only takes a minute and can really help.

Individual

1. Invite the person to join you at the table to read a book.

2. If you have more than one reader, offer the person a choice of two (and only two) that you think would be of interest by showing the readers to them and letting them pick.

3. Hand them the selected book and have them open it up to the first page. Say “I'll read the first page out loud, and you can read along” and proceed to read the first page from your copy of the reader.

4. If the person turns the page when you get to the end, say “now you read”. If they don't turn the page, prompt them to do so and then ask them to read.

5. Let them read the rest of the book out loud, helping when necessary but letting them do it.

At times questions are posed in the book - you can decide to stop and talk about the question or just allow the person to keep on reading. Regardless, it is a good idea to encourage conversation whenever something is of particular interest to the person.

The idea of the activity is not to finish the book, but rather to encourage thought and conversation and spend enjoyable time together.
Reading Groups

Reading groups are an ideal way to encourage discussion, reminiscing and socialization. Up to six people can participate, but groups of four are ideal.

It is best to try to choose a group of participants who have a common interest so that you can choose a reader that suits. You must have an identical copy of the reader for each participant because it is important that each person can follow along even when they are not reading aloud.

1. Have the participants seated comfortably around a table. There should be sufficient room to place a book on the table in front of each person and there should be nothing else on the table.

2. Hand out one copy of the reader to each participant. Explain that each person will read a page, then the person to their left will read the next and so on. Tell them that there is a note at the bottom of each page prompting the next person to read.

3. When you are ready to begin, tell everyone to open their book to the first page. Say “I’ll read the first page out loud, and you can read along” and proceed to read the first page.

4. At the end of the page, make sure that everyone turns to page two and help them if they didn’t, then say to one participant “now you read”.

5. When that person has read the page, continue on to the next page and have the next person read.

6. If this is not the first reading group for these participants you can skip some of these steps as you see fit based on their familiarity. The idea is to provide as little verbal instruction as necessary, while still making sure that everyone knows what’s expected.

Everyone takes a turn reading and when someone is reading, everyone else should follow along in their own copy of the book. Encourage the participants to bring up personal memories related to the story.

When you come to one of the discussion questions that are included throughout the story, stop and allow time for the group members to discuss and reminisce. The objective is to have a good time, not to finish the book.

Questions?

If you have any questions or comments, please do not hesitate to contact us. We would love to hear from you.

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