

Activities Directors' Quarterly

for
Alzheimer's & Other Dementia Patients®

Table of contents

Editorial
Seven projects to improve quality of life for residents with dementia5
Linda L. Buettner, PhD, CTRS, LRT

ADQ inservice
Notes from nursing: Physical activity7
Suzanne Fitzsimmons, MSN, ARNP

ADQ lesson plan22

ADQ proven activities26

SEASONAL PLANNER — Special Pullout Section
Activities to celebrate the season24, 25



HIGH-FUNCTIONING

Sign language as a recreational therapy intervention for adults with rare dementia9
Angela Sardina



MID- TO HIGH-FUNCTIONING

Physical functioning: Maintaining, improving, and preventing decline15
Suzanne Fitzsimmons, MS, ARNP



ALL FUNCTIONING LEVELS

Activity development in dementia due to Alzheimer's disease27
Sally Albrecht, MA

Helping children cope with a family member with dementia35
Suzanne Fitzsimmons, MS, ARNP

Social isolation and older adults with dementia39
Suzanne Fitzsimmons, MS, ARNP



MID-FUNCTIONING

Best practices in dementia care: How NEST approach works in assisted living43
Laura Freeze Underwood, MS, CTRS



Activities that truly benefit the patient