

Vol 6 no 7  
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Dance therapy is our featured topic this month

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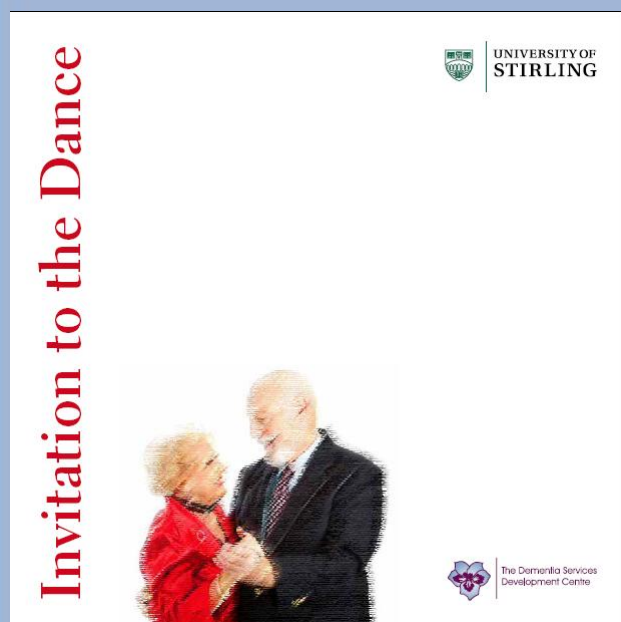
**Current Awareness**

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## Forthcoming publication



Second Edition available to order July 2009.

**Heather Hill, 2009**

This book provides guidance for anyone who would like to help people with dementia move expressively to music. It gives suggestions for approaches, props and music and provides vivid descriptions of the difference that dance can make to people's wellbeing.

Includes a 6-track CD of music used by the author in her dance therapy sessions with people with dementia.

**SKU: 103**

**Price: £25.00**

## In the headlines

**Call for urgent action to cut pensioner poverty**

[Guardian.co.uk 27 July 2009](#)

Campaigners have warned that reform of the pensions and benefits system is urgently needed to tackle pensioner poverty in the UK, which is among the worst in Europe. The call for action came after European commission statistics showed that 30% of over-65s in the UK were living on incomes far below the national average.

**Language 'predicts dementia risk'**

[BBC News Online 8 July 2009](#)

Research suggests that people with superior language skills early in life may be less likely to develop Alzheimer's disease decades later. Researchers found those with good language skills early in life were less likely to have memory problems - even if their brains showed signs of dementia damage.

**Coffee 'may reverse Alzheimer's'**

[BBC News Online 5 July 2009](#)

Drinking five cups of coffee a day could reverse memory problems seen in Alzheimer's disease, according to scientists. The research also suggested caffeine hampered the production of the protein plaques which are the hallmark of the disease.



The Dementia Services  
Development Centre



UNIVERSITY OF  
**STIRLING**

## Dance therapy Introduction

While music therapy in the context of aged care and dementia is probably well known and its benefits recognised, dance therapy is much less so. So any talk of dance therapy with people with dementia has to be prefaced by some description of what dance therapy is and in particular how “dance” can apply to therapeutic or health contexts.

The word “dance” can be scary to many people. In our Western society, dance is usually associated with highly developed dance techniques such as ballet - forms of dance usually undertaken by people with lithe, beautiful and inevitably young bodies. Whereas there is some sense that music has universal relevance for people, even if they do not have musical skills, we reserve dance for the skilled, the beautiful and the young! However, the dance of dance therapy relates to a much broader understanding of dance, one which harks back to the role of dance historically and in some non-Western cultures today, where dance was simply a part of human “being” – people danced in celebration and mourning, to teach the young, to come together in community. Dance from this perspective is a basic mode of human expression and communication – not just for specialists but for everyone!

The aesthetic qualities of dance are also important in dance therapy, those aspects which relate to feeling, to meaning-making and to quality of life. Dance has the capacity to take us beyond ourselves, to engage us in an alive and enlivening process.

Alongside this broad understanding of dance, is the basic philosophical assumption in dance therapy – an assumption which the scientific community via neuroscientific research are now coming to accept - that mind, feeling and body are integrally connected. We are embodied beings; our interaction with the world is necessarily through our bodies. In working with the body, therefore, dance therapists are therefore working with all aspects of the person.

Hopefully, it will already have become apparent how dance therapy might be beneficial to people with dementia. The ability of people with dementia to express themselves or communicate through verbal/cognitive means is of course impaired, but there remains a whole area of affective being and experience – the person - which the dance therapist can connect to.

Dance therapy in the context of dementia lies very much within a person-centred value system which is about acknowledging and supporting the personhood of the person with dementia. It is not about teaching dance or a pre-determined set of exercises, but about engaging with the person with dementia where he/she is at and facilitating a “conversation” in whatever way is possible for the person – through creative movement and dance, voice, music and music-making, props (e.g. scarves), and at times social dance (such as oldtime, Australian bush dance – and even rock ‘n roll!) – whatever works, whatever allows connection. Sometimes the sessions may be more reflective: relaxation, life enrichment through sensory experiences, reminiscence; other times it may be more active, and indeed more raucous!

What actually happens in a dance therapy session will vary from individual to individual, and group to group, as will the benefits. In general terms, there are benefits at all levels, cognitive, physical, emotional and social, within the session as well as after the sessions. In the session, the participants may become much more focussed and involved, and more coherent in their non-verbal (and even verbal) interactions and responses. Sometimes memories will arise. There are the physical benefits of moving, which also impact on the whole person. Rigid, closed up bodies are painful physically, but also emotionally and a person at ease in his/her body is likely to have a much greater sense of wellbeing. Dance therapy also facilitates positive social interactions – between therapist and person, and among the members of the group. Staff or family who participate in sessions may also gain a different, and more positive, view of the person with dementia and find more positive ways to connect to him or her.

Naming the benefits separately as I have above in no way can capture the “magic” that can happen in the dance therapy space, the transformation from “patient” to PERSON. I leave the last word to one of my group participants who commented on the dance therapy room “That small room gave us a whole lot of room to be ourselves.”

**Heather Hill**

**Lecturer, Melbourne Institute for Experiential and Creative Arts Therapy**

## Dance therapy

### Web Resources

#### **Let's Dance to Health**

Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity; unite generations and cultures; inspire new romances or rekindle old ones; trigger long-forgotten memories; and turn sadness into joy, if only during the dance.

[http://www.aarp.org/health/fitness/get\\_motivated/lets\\_dance\\_to\\_health.html](http://www.aarp.org/health/fitness/get_motivated/lets_dance_to_health.html)

#### **Leisure activities and the risk of dementia in the elderly**

The authors examined the relation between leisure activities and the risk of dementia in a prospective cohort of subjects older than 75 years of age who resided in the community and did not have dementia at base line.

<http://content.nejm.org/cgi/content/full/348/25/2508>

#### **Dance therapy for Alzheimer's disease**

The authors consider a novel approach to the most common form of dementia.

<http://archive.student.bmj.com/issues/09/03/education/112.php>

#### **Cognitive and behavioural effects of music-based exercises in patients with dementia**

This study aimed to evaluate the effect of a musical exercise programme on mood state and cognitive function in women with dementia.

[http://www.isprm.com/Education/Guidelines/PT\\_Alzheimer's%20Disease/Exercises\\_AD06.pdf](http://www.isprm.com/Education/Guidelines/PT_Alzheimer's%20Disease/Exercises_AD06.pdf)

#### **Dancing with persons with dementia**

A how-to guide to communicating and dance/movement therapy with people with dementia.

[http://dancetherapymusings.typepad.com/musings\\_of\\_a\\_dancemovemen/2009/06/dancing-with-persons-with-dementia.html](http://dancetherapymusings.typepad.com/musings_of_a_dancemovemen/2009/06/dancing-with-persons-with-dementia.html)

#### **Why ballroom dancing is good for you: physically and mentally**

This article explains how dancing can keep older people active and may help to prevent dementia.

<http://www.timeoutdance.com/alzheimers.html>

#### **What is dance movement therapy?**

Dance Movement Therapy is the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration.

<http://www.admt.org.uk/whatis.html>

#### **Fascinating body: movement and the brain**

Movement promotes the building of connections in the brain and the growth of new brain cells.

<http://www.jabadao.org/fascinating.html>

## Dance therapy Topic Reading List

Hill, Heather. (in press).

Dancing with hope: dance therapy with people with dementia. In S. Chaiklin & H.Wengrower, *The art and science of dance movement therapy: Life is dance*. (For publication Summer 2009: Routledge)

Dayanim, Soshana

The acute effects of a specialised movement programme on the verbal abilities of patients with late-stage dementia.

*Alzheimer's care today*. 10(2), April-June 2009, 93-98.

This study provides an initial investigation of the possible cognitive effects of a specialised exercise programme for people with late-stage Alzheimer's disease.

Greenland, Penny

Dance : five-minute love affairs.

*The journal of dementia care*. 17(1), January/February 2009, 30-31.

The author shares lessons learned from many years of enjoying dance and movement with people with dementia - and introduces a new course which brings together this learning.

Heymanson, Cynthia

Linking hands in circle dance.

*The journal of dementia care*. 17(1), January/February 2009, 13-14.

The author explains how circle dancing, a traditional form of dance from many countries can benefit people with dementia.

Lamont, Jack

Remembering the dance.

*The journal of dementia care*. 16(2), March/April 2008, 11.

Carer Jack Lamont celebrates his wife Daphne's enjoyment of dancing, and describes their contribution to raising public awareness of dementia.

Stacey, Gemma

Dancing to keep young@heart.

*Mental health practice*. 11(6), March 2008, 34-38.

The authors report on an evaluation of a dance project set up for older people in a small former coalmining village in Nottinghamshire.

Levine-Madori, Linda.

Therapeutic thematic arts programming for older adults

Baltimore : Health Professions Press, c2007.

Actively engage older adults and help preserve their cognitive functioning using this innovative, integrative approach to therapeutic art and recreation. Use Therapeutic Thematic Arts Programming to create an enriching environment that effectively meets older adults' cognitive, emotional, physical and social needs. In a clearly outlined nine-step process, Therapeutic Thematic Arts Programming involves exploring a broad theme through a range of artistic expressions, including music, dance, poetry, sculpture and photography. Stimulating all areas of brain functioning, the TTAP method promotes older adults' creativity and encourages them to exercise their remaining strengths and abilities. The approach also increases social interaction with its focus on dynamic group interaction.

Ross, Fiona

Company of Elders. Working with older people. 11(4), 2007, 37-40.

The author, Head of Connect at Sadler's Wells, explains the phenomenal success of the Company of Elders, a dance and performance group for older people.

Nadasen, Krishnavelli Kathleen

"We are too busy being active and enjoying ourselves to feel the aches and pains". perceived health benefits of line dancing for older women.

Quality in ageing. 8(3), September 2007, 4-14.

This paper examines the perceived benefits of line dancing for a group of women between 60 and 80 years of age. It is based on a one-year qualitative research study in Cape Town, South Africa. Line dancing has been classified as a form of aerobic exercise and this study sought to investigate whether these older women perceived line dancing to be beneficial to their health and well-being.

Arts Council England

Dance and health. the benefits for people of all ages.

London : Arts Council England, 2006.

In England an increasing number of people lead sedentary lifestyles and rates of obesity are rising. The need to improve levels of physical activity and develop healthier lifestyles has never been more pressing. The Government has provided leadership and guidance on making healthier choices but if people are to make positive decisions about improving their health and well-being they need to be able to choose from a range of suitable options.

Hill, Heather

A dance therapy perspective. In M. Marshall and K. Allan (Eds.), *Dementia: Walking not wandering: Fresh approaches to understanding and practice.*

London: Hawker Publications, 2006

This chapter looks at walking behaviour in people with dementia from the perspective of a dance therapist.

Houston, Sarah

Dancing towards youthfulness.

Working with older people. 9(2), June 2005, 15-17.

Article on how research shows that older people, whatever their physical condition, can take part in dance and may reap benefits from their participation.

O'Maille, Tria Thomson

Touching the spirit at the end of life.

Alzheimer's care quarterly. 6(1), January/March 2005, 62-70.

Mindful affective stimulation (MAT) dance/movement therapy (DMT) is a holistic group psychotherapy process for persons in end-stage dementia. Centred in Tom Kitwood's philosophy of person-centred care, this process uses elements of dance/movement therapy.

Bunce, Jill

Mary and Martha : dance movement with the elderly.

Generations review. 14(2), April 2004, 20-21.

Special issue on creativity. A personal account of a dance movement therapist's work

Group work and aging : issues in practice, research, and education / Binghamton, NY : Haworth Social Work Practice Press, c2004.

This book discusses in-depth information on group work with gay and lesbian elders, caregivers, elders with Alzheimer's disease, service providers, special populations such as Vietnamese and Latino/a elders, and provides information on the use of expressive therapies like art, drama, and dance.

Wood, Kevin

Creativity and dementia : opening new horizons.

Signpost. 8(3), February 2004, 21-23.

Describes a range of creative arts which help the person with dementia live a fulfilled life in the community. Activities included creative writing, social dancing, and the development of a memory/sensory garden

Jenkins, Susan  
Just your cup of tea.  
Working with older people. 7(4), December 2003, 21-24.  
Describing how social dance can help to support intellectual, emotional and motor functions in older people with mental health problems.

Hill, Heather  
A space to be myself.  
Signpost 7 (3), 37-39  
Describes a phenomenologic research study into the experience of dance therapy for a person with dementia.

Kindell, Jackie  
Doing things differently : dance in dementia care.  
The journal of dementia care. 11(2), Mar/Apr 2003, 18-20.  
The authors discuss how their original dance sessions with people with dementia have combined exercise with creative expression.

Cooper, Lesley  
Growing old gracefully : social dance in the third age.  
Ageing & society. 22(6), November 2002, 689-708.  
Examines the meaning of social dancing for older people. Based on a one-year qualitative research project to explore the experiences of social dance for people aged 60 years or more who attend various dance events in Essex and south-east London.

Moriarty, Jo  
Innovative practice.  
Dementia. 1(3), October 2002, 383-395.  
Explores three different interventions aimed at improving our understanding of individual responses to dementia - support groups, dance movement therapy, and Snoezelen therapy.

Rosler, Alexander  
Skill learning in patients with moderate Alzheimer's disease : a prospective pilot-study of waltz-lessons.  
International journal of geriatric psychiatry. 17(12), December 2002, 1155-1156.  
Research letter reporting the effect of a 12-day prospective, blinded dance-learning trial in 5 patients with moderate Alzheimer's disease and 5 age-matched depressed patients. Patients with AD showed a significant effect in procedural learning whereas depressed patients did not.

Arts therapies and progressive illness : nameless dread / Hove, East Sussex ; New York, NY :  
Brunner-Routledge , 2002.  
Guide to the use of arts therapies in the treatment of patients with diseases such as Parkinson's and Alzheimer's. In the last few years arts therapies have been used in an increasingly wide range of applications, such as in palliative care, or with people with learning difficulties. Covers art therapy, dance movement therapy and music therapy.

Shustik, L.R. and Thompson, Tria (2001).  
Dance/movement therapy: Partners in personhood. In A. Innes & K. Hatfield (Eds.), Healing arts therapies and person-centered dementia care.  
London: Jessica Kingsley, 2001

Central and Cecil Housing Trust  
"It's wonderful what happens in this room" Compton Lodge green candle dance project  
Richmond : Central and Cecil Housing Trust, 2001.  
A brief account of the Green Candle Dance Project undertaken at Compton Lodge, one of the care homes run by Central and Cecil Housing Trust. Some of those involved have dementia. An example of an innovative activities project involving dance and music.

Coaten, Richard

Exploring reminiscence through dance and movement.

The journal of dementia care. 9(5), September/October 2001, 19-22.

Looks at the difference arts based activities in dementia care can make to the communication skills of people with dementia. Dance may free up expression and develop abilities in special ways.

Music therapy in dementia care.

London : Jessica Kingsley, 2000.

Takes a comprehensive look at music therapy as a means of improving memory, health and identity in those with dementia. Written with carers and families of people with dementia in mind as well as music therapists. Chapters cover working with narratives, singing, agitation, music therapy practice, improvisation as an assessment in early dementia, creativity, remembering and forgiving, images and recollection, and dance movement.

Hill, Heather

Dance therapy and communication in dementia.

Signpost. 4(1), May. 1999, 13-14

Describes how dance and movement may assist in the expression of emotion and feelings and therefore aid better communication with people with dementia.

Killick, John

The arts in dementia care : touching the human spirit.

The journal of dementia care. 7(5), 1999, 33-37.

Investigates the benefits of the visual and verbal arts, from painting and writing to dance.

Second of three articles on the use of the arts in dementia care.

Perrin, Tessa

Lifted into a world of rhythm and melody.

The journal of dementia care. 6(1), January 1998, 22-24.

Relates the experience of a 'Jabadao' session, combining dance and movement, with people with dementia. Describes the effects on wellbeing and the importance of the qualities of the therapist.

Chavin, Melanie

The lost chord : reaching the person with dementia through the power of music.

Bicester : Winslow Press, 1997.

Useful book written by a music therapist about the power of music to help people with dementia. The first part looks at the particular needs of people with dementia and the second part suggests music activities appropriate for individuals at different stages of progression through dementia. Covers common behaviours, wandering, over stimulation, communication, use of cues, person centred programmes, music groups, reminiscence, games, sensory stimulation groups, walking and dancing, lower and higher functioning groups.

Crichton, Sandy

Moving is the language I use, communication is my goal.

The journal of dementia care. 5(6), Nov/Dec 1997, 16-17.

Describes the work of JABADAO company which give movement based work with elderly people in residential settings. Dance, an everyday, continuous, spontaneous movement and body language is used to create opportunities for non-verbal communication.

## Current Awareness

# Dementia in the News

### **Solo life ups gene dementia risk**

[BBC News Online 2 July 2009](#)

People who have a particular gene flaw and live alone in middle-age are at highest risk of developing dementia, researchers suggest. Researchers found that the risk also affects those who split up or were widowed from their long-term partner before the age of 50.

### **Nitrates may be environmental trigger for Alzheimer's, diabetes and Parkinson's disease**

[ScienceDaily 6 July 2009](#)

A study by researchers at Rhode Island Hospital have found a substantial link between increased levels of nitrates in our environment and food with increased deaths from diseases, including Alzheimer's, diabetes mellitus and Parkinson's.

### **Research points to dementia rise**

[BBC News Online 13 July 2009](#)

Research suggests that more people in Scotland have Alzheimer's disease that was previously thought. A Europe-wide study showed an increase in the prevalence of dementia compared to previous studies. Alzheimer Scotland has now increased its estimate for the number of people with dementia by 6,500 to 69,500.

### **Problem drinking 'hits elderly'**

[BBC News Online 13 July 2009](#)

Research suggests that alcohol misuse in people over 60 is becoming a widespread problem. The dangers of alcohol are increased among older drinkers, particularly because of medication, frailty, and other health problems.

### **Two drinks a day 'could help to ward off Alzheimer's'**

[Telegraph.co.uk 13 July 2009](#)

A study has found that one or two alcoholic drinks a day could help to ward off Alzheimer's disease. Researchers found that people who had between eight and 14 drinks a week were 37 per cent less likely to develop the devastating neurological condition, but those who drank more than that were almost twice as likely to be diagnosed with the disease.

### **Rise in new cases of Alzheimer's and dementia, even in the 'oldest old'**

[Medical News Today 14 July 2009](#)

Research suggests that the number of people with Alzheimer's and dementia - both new cases and total numbers with the disease - continues to rise among the very oldest segments of the population in contradiction of the conventional wisdom. Previous studies have suggested that the number of people with Alzheimer's and dementia begins to level off and perhaps even go down a bit in people age 90 and above.

### **Compulsory social care bill plan**

[BBC News Online 14 July 2009](#)

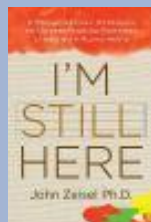
People in England may be forced to pay as much as £20,000 on retirement to help fund the social care system under plans being put forward by ministers. It is one of three options being proposed by the government alongside top-ups and insurance.

### **A day in the life of an old people's home**

[Guardian.co.uk 14 July 2009](#)

Most of us will end our lives in an old people's home just like this one. The care is good; the staff are lovely. And yet it's hard not to be shocked by the reality of daily life here.

## New on the library bookshelves



**I'm still here : a breakthrough approach to understanding someone living with Alzheimer's / John Zeisel**

New York : Avery, c2009.

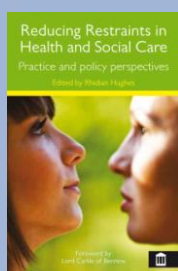
This book focuses on communicating with people with dementia using the abilities they have which are not affected by their condition and using these abilities to connect with the person with dementia in a meaningful way.



**Older people : issues and innovations in care / editors, Rhonda Nay and Sally Garratt.**

Sydney : Churchill Livingstone, 2009.

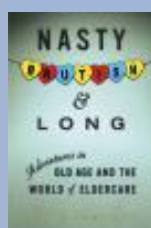
This book reflects developments in the care of older people and highlights the importance of situating the older person as the driver and partner in care rather than just the recipient.



**Reducing restraints in health and social care : practice and policy perspectives / edited by Rhidian Hughes.**

London : Quay Books, 2009.

This book has been produced to aid understanding of the problems surrounding the use of restraints across a range of health and social care settings.



**Nasty, brutish, and long : adventures in old age and the world of elder care / Ira Rosofsky.**

New York : Avery, c2009.

This book takes a candid, humane look at the care of older people in residential and nursing homes.



**Health and safety : a workbook for social care workers / Suzan Collins.**

London : Jessica Kingsley, 2009.

Those working in residential or domiciliary settings must maintain a clean, safe and secure work environment. This book provides guidance on the responsibilities and risk assessments involved, covering topics such as first aid, infection control and responding to challenging behaviour.

# Current Awareness New Library Stock

## Activities

Paillard-Borg, Stephanie [et al.]

Pattern of participation in leisure activities among older people in relation to their health conditions and contextual factors : a survey in a Swedish urban area.

Ageing & society 29(7), July 2009, 803-821

The objective of this study is to describe the pattern of participation in leisure activities in an older population in relation to contextual factors as well as to mental and physical health.

Piercy, Kathleen Walsh

The tailored activity program to reduce behavioural symptoms in individuals with dementia : feasibility, acceptability, and replication potential.

The gerontologist 49(3), June 2009, 428-439

The Tailored Activity Program (TAP) is a home-based occupational therapy intervention shown to reduce behavioural symptoms and caregiver burden in a randomised trial. This article describes TAP, its assessments, acceptability, and replication potential.

Steinberg, Martin [et al.]

Evaluation of a home-based exercise programme in the treatment of Alzheimer's disease : the Maximising Independence in Dementia (MIND) study.

International journal of geriatric psychiatry 24(7), July 2009, 680-685

This study aimed to determine the feasibility and efficacy of a home-based exercise programme to improve the functional performance of patients with Alzheimer's disease.

## Ageism

Ferraro, Kenneth F. and Shippee, Tetyana Pylypiv

Ageing and cumulative inequality : how does inequality get under the skin?

The gerontologist 49(3), June 2009, 333-343

This article draws from cumulative disadvantage and life course theories to develop a new theory for the social scientific study of ageing.

Kang, Sonia K. and Chasteen, Alison L.

The development and validation of the age-based rejection sensitivity questionnaire.

The gerontologist 49(3), June 2009, 303-316

The purpose of this study was to develop a reliable and valid questionnaire to measure individual differences in the tendency to anxiously expect, readily perceive, and intensely react to age-based rejection among older adults, the Age-Based Rejection Sensitivity Questionnaire (RSQ-Age).

## Assistive technology

Costa, Jan and Doughty, Kevin

The role of reminder aids and systems to support independence in people with memory problems.

Journal of assistive technologies 3(2), June 2009, 60-64

This article considers the use of four different types of electronic assistive device with respect to people with acquired head injuries, adults with learning disabilities and older people with mild to moderate dementia.

Doughty, Kevin and Dunk, Barbara

Safe walking technologies for people with mild to moderate cognitive impairments.

Journal of assistive technologies 3(2), June 2009, 54-59

This article gives details of different GPS technologies which could be used to find someone with cognitive impairment who has gone missing.

Mickel, Andrew

In the realm of the sensors.

Community care 1775, 18 June 2009, 28-29

Telecare systems can make savings while helping people to stay independent for longer, but it is best to start off small.

Miskelly, Bronagh and Mickel, Andrew

Brave new world.

Community care 1774, 11 June 2009, 22-24

The futuristic technologies that older people may have read about in their youth are close to reality and might just help many of them live independently for longer. The authors consider the promises of telecare and the barriers to implementation.

## Carers

Holley, Caitlin K. and Mast, Benjamin T.

The impact of anticipatory grief on caregiver burden in dementia caregivers.

The gerontologist 49(3), June 2009, 388-396

The issues involved in anticipatory grief (AG) are unique in the context of dementia due to the progressive deterioration of both cognitive and physical abilities. The current study investigated AG in a sample of dementia caregivers and examined the relationship between AG and caregiver burden.

Korn, Leslie [et al.]

A randomised trial of a CAM therapy for stress reduction in American Indian and Alaskan Native family caregivers.

The gerontologist 49(3), June 2009, 368-377

The purpose of this study was to compare a complementary and alternative medicine therapy, polarity therapy, to an enhanced respite control condition to reduce stress and depression and improve quality of life for American Indian and Alaskan Native family caregivers of people with dementia.

Masuy, Amandine Jasmine

Effect of caring for an older person on women's lifetime participation in work.

Ageing & society 29(5), July 2009, 745-763

This paper examines the relationship between informal care and ending paid work for working women of three age groups (under 30, 31-49 and 50 or over) in Belgium.

## Community care

Hudson, Angela and Moore, Lesley (eds.)

Caring for older people in the community.

Chichester, West Sussex ; Hoboken, NJ : Wiley-Blackwell, 2009.

This book looks at past and current influences on practice, social context and contemporary social policy, and contemporary challenges.

## Design

Liu, Sze Y. and Lapane, Kate L.

Residential modifications and decline in physical function among community-dwelling older adults.

The gerontologist 49(3), June 2009, 344-354

The purpose of this study is to quantify the effect of residential modification on decreasing risk of physical function decline in 2 years.

Rothert, Eugene A., Nelson, Kelly and Coakley, Kelley  
Health through horticulture : an indoor gardening guide for therapeutic outcomes.  
Glencoe : Chicago Botanic Garden, 2009.

This book of activity plans are created for horticultural therapists, healthcare practitioners, teachers, and others committed to helping others enjoy a better, more independent life through involvement with nature and living plants.

Wahl, Hans-Werner [et al.]

The home environment and disability-related outcomes in aging individuals : what is the empirical evidence?

The gerontologist 49(3), June 2009, 355-367

Building on the disablement process model and the concept of person-environment fit, this review article examines the following questions: what is the recent evidence supporting a relationship between home environments and disability related outcomes? and What is the recent evidence regarding the effects of home modifications on disability-related outcomes?

## **Elder abuse**

Giordano, Andrea and Street, Dave.

Challenging provider performance : developing policy to improve the quality of care to protect vulnerable adults.

The journal of adult protection 11(2), May 2009, 5-12

This article considers the interagency challenges to improving provider performance and quality through the implementation of a new provider performance monitoring test.

Hewitt, David

Not just in the Mental Capacity Act : using the law to protect vulnerable adults.

The journal of adult protection 11(2), May 2009, 25-31

This paper discusses some of the more significant adult protection provisions and, in the process, refers to the No Secrets guidance, which was published in 2002 and remains the chief resource for adult protection work.

Manthorpe, Jill

Realising the safeguarding potential of the Mental Capacity Act 2005 : early reports from adult safeguarding staff.

The journal of adult protection 11(2), May 2009, 13-24

This article reports the findings of interviews with adult safeguarding co-ordinators about the operation of the Mental Capacity Act 2005 and its impact upon their, particularly in relation to people with dementia.

Ramsay, Joan

Safeguarding vulnerable adults.

Nursing management 16(4), July 2009, 24-29

This article describes how a business case led to the creation of a clinical lead for vulnerable adults post at Musgrove Park Hospital, Taunton, and explains how a new policy for safeguarding adults has been implemented throughout the hospital.

Thompson-McCormick, Jonas [et al.]

Medical students' recognition of elder abuse.

International journal of geriatric psychiatry 24(7), July 2009, 770-777

This study aimed to determine the proportion of fourth-year medical students who correctly recognise abusive and not abusive care of older people and whether recognition is related to sociodemographic factors and education.

## Memory clinics

Banerjee, Sube and Wittenberg, Raphael  
Clinical and cost effectiveness of services for early diagnosis and intervention in dementia.  
International journal of geriatric psychiatry 24(7), July 2009, 748-754  
This paper analyses the cost and benefits of commissioning memory services for early diagnosis and intervention for dementia.

## Nursing

Andrews, June  
The art of persuasion.  
Nursing standard 23(41), June 17-23 2009, 64  
The author explains how nurses can use advertising sales techniques to get their way.

Perry, Beth  
Conveying compassion through attention to the essential ordinary.  
Nursing older people 21(6), July 2009, 14-21  
Compassion is the hallmark of nursing, but how is it communicated? The author presents a study in which nurses describe some practical actions they have used to show compassion to older people in long-term care facilities.

## Nutrition

Brown, H. and Jones, L.  
The role of dining companions in supporting nursing care.  
Nursing standard 23(41), June 17-23 2009, 40-46  
Malnutrition in hospitals is an ongoing international issue. In order to fulfil its objective of focusing on patient safety and quality of care, one NHS trust has developed a multidisciplinary approach to malnutrition that includes using volunteers as dining companions.

Nazarko, Linda  
Nutrition : enabling and encouraging people to eat.  
British journal of healthcare assistants 3(7), July 2009, 341-344  
Illness, injury, medication and hospitalisation can increase the risk of malnutrition. Healthcare assistants who observe and report any loss of appetite or eating difficulties make an important contribution to the patient's wellbeing.

## Palliative care

Agnew, Thelma  
Getting the basics right in end-of-life care.  
Cancer nursing practice 8(6), July 2009, 8  
New guidelines outline a set of competencies aimed at equipping healthcare workers with the skills to deliver appropriate and responsive end-of-life care.

National Council for Palliative Care (Great Britain) .  
Out of the shadows : end of life care for people with dementia / The National Council for Palliative Care.  
London : The National Council for Palliative Care, 2009.  
This publication brings together current understanding of the issues and challenges surrounding the palliative and end of life care needs of people with dementia and is informed by people with dementia and their carers about their needs.

Whyte, Alison and Waters, Adele  
Dying in good hands.  
Nursing standard 23(44), July 8-14 2009, 18-19  
The government published its end of life care strategy a year ago. The authors assess the effect it has had so far.

## Person-centred care

Gallagher, Ann [et al.]

The RCN dignity survey : implications for leaders.

Nursing management 16(4), July 2009, 12-16

The authors highlight the significant role played by nurse leaders in developing and maintaining a culture of dignity for patients and staff in healthcare services.

Hall, Sue, Longhurst, Susan and Higginson, Irene.

Living and dying with dignity : a qualitative study of the views of older people in nursing homes.

Age and ageing 38(4), July 2009, 411-416

This study aimed to explore the generalisability of an empirically based model of dignity to older people in nursing homes.

## Planning

Scottish Commission for the Regulation of Care .

Involving people plan : how we will communicate with, consult and involve people to help improve the quality of care in Scotland / Care Commission.

Dundee : Scottish Commission for the Regulation of Care, 2009.

This plan sets out the Care Commission's commitment to actively involve people in the regulation of social and independent healthcare care services in Scotland and to communicate effectively with them.

[http://www.carecommission.com/images/stories/documents/publications/reportingperformance/involving\\_people\\_plan\\_-\\_feb\\_09.pdf](http://www.carecommission.com/images/stories/documents/publications/reportingperformance/involving_people_plan_-_feb_09.pdf) ;

## Rating scales

De Jager, Celeste A., Schrijnemaekers, Anne-Claire M.C. and Honey, Thurza E.M.

Detection of MCI in the clinic : evaluation of the sensitivity and specificity of a computerised test battery, the Hopkins Verbal Learning Test and the MMSE.

Age and ageing 38(4), July 2009, 455-460

The authors evaluated whether the computerised cognitive test battery, CogState, was as sensitive to mild cognitive impairment as two well-validated 'paper-and-pencil' tests, the Hopkins Verbal Learning Test and the Mini-Mental Status Examination.

De Silva, Ranil [et al.]

Norms for the mini-mental state examination from a sample of Sri Lankan older people.

International journal of geriatric psychiatry 24(7), July 2009, 666-670

This study aimed to derive norms for the Mini Mental State Examination (MMSE) based on age, gender and level of formal education among the elderly in Sri Lanka.

## Research

Griffiths, Francis.

Research methods for health care practice / Francis Griffiths.

Thousand Oaks, CA : Sage, 2009.

This book introduces the range of research approaches available to health professionals and students who wish to investigate health care practice.

Holloway, Kristi and McConigley, Ruth

Descriptive, exploratory study of the role of nursing assistants in Australian residential aged care facilities : the example of pain management.

Australasian journal on ageing 28(2), June 2009, 70-74

This study explored the experiences of nursing assistants who work with older people in residential aged care facilities (RACFs), to ascertain their role in Australian RACFs.

## Residential care

Scottish Commission for the Regulation of Care. .

Gradings so far : a summary of the first grading results for care services in Scotland 1 April 2008-5 November 2008.

Dundee : Scottish Commission for the Regulation of Care, 2008.

Includes bibliography and index

Between April and November 2008 the Care Commission had graded 30% of registered services. This report summarises these results and gives an early indication of the national picture.

[http://www.carecommission.com/images/stories/documents/publications/reviewsofqualitycare/gradings\\_so\\_far\\_-\\_27.01.09.pdf](http://www.carecommission.com/images/stories/documents/publications/reviewsofqualitycare/gradings_so_far_-_27.01.09.pdf) ;

Cohen-Mansfield, Jiska [et al.]

The impact of personal characteristics on engagement in nursing home residents with dementia.

International journal of geriatric psychiatry 24(7), July 2009, 755-763

This study aimed to examine the impact of personal attributes on engagement in persons with dementia.

Connolly, Sheelah and O'Reilly, Dermot

Variations in care home admission across areas of Northern Ireland.

Age and ageing 38(4), July 2009, 461-465

The aim of this study was to determine if there were variations in care home admission rates across trusts in Northern Ireland, once adjustment has been made for the demographic and health characteristics of the individuals residing within these areas.

Donald, Ian P.

Housing and health care for older people.

Age and ageing 38(4), July 2009, 364-367

Home conditions can have an enormous impact on the health of an older person with a long-term illness and their ability to remain independent. Doctors must understand the relationship between housing and health, and how to direct patients and their families to advice on housing options.

Shippee, Tetyana Pylypiv

"But I am not moving" : residents' perspectives on transitions within a continuing care retirement community.

The gerontologist 49(3), June 2009, 418-427

This article investigates how continuing care retirement community (CCRC) residents define transitions between levels of care. Although older adults move to CCRCs to "age in place", moving between levels of care is often stressful.

## Risk assessment

Boyd, Rebecca and Stevens, Judy A.

Falls and fear of falling : burden, beliefs and behaviours.

Age and ageing 38(4), July 2009, 423-428

This study estimated the frequency of recent falls and prevalence of fear of falling among adults aged 65 and over.

Chen, Jian Sheng [et al.]

Risk factors for hip fracture among institutionalised older people.

Age and ageing 38(4), July 2009, 429-434

The authors examined the associations of hip fracture with calcaneus broadband ultrasound attenuation and clinical risk factors in a large cohort of elderly men and women living in high-care nursing homes and intermediate-care hostels.

Mackenzie, Lynette  
Longitudinal study of the Home Falls and Accidents Screening Tool in identifying older people at increased risk of falls.  
Australasian journal on ageing 28(2), June 2009, 64-69  
This study aimed to evaluate the predictive validity and responsiveness of the Home Falls and Accidents Screening Tool.

Nazarko, Linda  
Managing falls-related medical conditions in the elderly.  
British journal of healthcare assistants 3(7), July 2009, 323-328  
This article explains how medical conditions affect falls risk and how these can be treated.

Reelick, Miriam F. [et al.]  
The influence of fear of falling on gait and balance in older people.  
Age and ageing 38(4), July 2009, 435-440  
Fear of falling (FoF) has great impact on functioning and quality of life of older people, but its effects on gait and balance are largely unknown. The authors examined FoF in participants aged 75 and over, using the Activities-specific Balance Confidence scale.

## Training

All-Party Parliamentary Group on Dementia (Great Britain) .  
Prepared to care : challenging the dementia skills gap / All-Party Parliamentary Group on Dementia.  
London : All-Party Parliamentary Group on Dementia, 2009.  
In this report the All-Party Parliamentary Group on Dementia examines the readiness of the social care workforce to deliver personalised care to people with dementia.  
[http://www.alzheimers.org.uk/downloads/APPG\\_Report\\_Prepared\\_to\\_care.pdf](http://www.alzheimers.org.uk/downloads/APPG_Report_Prepared_to_care.pdf)

Andrews, June  
Can Scotland deliver personalised care to people with dementia?  
Scottish primary care 85, June 2009, 16-17  
The author suggests ways of addressing concerns about the readiness of the primary care workforce to provide care for people with dementia.

Collins, Suzan  
Health and safety : a workbook for social care workers / Suzan Collins.  
London : Jessica Kingsley, 2009.  
Those working in residential or domiciliary settings must maintain a clean, safe and secure work environment. This book provides guidance on the responsibilities and risk assessments involved, covering topics such as first aid, infection control and responding to challenging behaviour.

## Types of dementia

Bouwens, Sharon F.M., Van Heugten, Caroline M. and Verhey, Frans R.J.  
Association between cognition and daily life functioning in dementia subtypes.  
International journal of geriatric psychiatry 24(7), July 2009, 764-769  
This study aimed to investigate the association between cognition and daily life functioning in dementia subtypes.

Lyons, Karen S. [et al.]  
Optimism, pessimism, mutuality, and gender : predicting 10-year role strain in Parkinson's disease spouses.  
The gerontologist 49(3), June 2009, 378-387  
This study uses longitudinal data over a 10-year period to examine the roles of optimism, pessimism, mutuality and spouse gender in predicting role strain in Parkinson's Disease spouses.

McBrien, Judith

Screening adults with Down's syndrome for early signs of dementia.

Journal of integrated care 17(3), June 2009, 3-7

This article outlines the case for learning disability teams to provide routine screening of adults with Down's syndrome for early signs of dementia.

Paradise, Matt

Prediction of survival in Alzheimer's disease : the LASER-AD longitudinal study.

International journal of geriatric psychiatry 24(7), July 2009, 739-747

This study aimed to identify determinants of survival in a cohort of people with mild to moderate Alzheimer's disease and test these on a separate validation cohort.

Viatonou, Saturnin [et al.]

Predictors of rapid cognitive decline among demented subjects aged 75 or more : ('Sujet Agé Fragile - Evaluation et Suivi' Cohort - SAFES).

International journal of geriatric psychiatry 24(7), July 2009, 709-715

This study aimed to identify factors predictive of rapid cognitive decline among elderly subjects aged 75 or over with dementia.

## **Volunteers**

Volunteer Development Agency (Northern Ireland) .

Volunteering by the over 50's in Northern Ireland : Making the connection.

Belfast : Volunteer Development Agency, 2009.

This report has produced one of the most comprehensive pictures of the lifestyle, attitudes and experiences of volunteering for the 50+ age group in Northern Ireland.

Volunteer Development Agency (Northern Ireland) .

Older people volunteering : literature review.

Belfast : Volunteer Development Agency, 2009.

The 'Unlocking Potential' project aims to encourage and support healthier ageing and civic engagement in Northern Ireland. This report outlines the range of public policies in Northern Ireland which relate to volunteering and older people.

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