



# The Alzheimer's Creative Project: The Caregiver's Ultimate guide to a Good Day

*Jytte Fogh Lokvig*

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## **The Alzheimer's Creative Project: The Caregiver's Ultimate guide to a Good Day** Jytte Fogh Lokvig

Creative activities for people with Alzheimer's and other dementias in an easy-to-follow format for professionals and family caregivers. A full color guide to projects, art making, and other purposeful activities, as well as the basics of effective communication and approaches. This book is based on ten years of creativity sessions with people with advanced dementia and late stage Alzheimer's.

CREATIVITY is used not simply in the popular terms of the creative arts, but rather in its broadest sense of how we approach everything we do throughout the day. Creativity means letting go of our old notions of doing something, being open to new experiences and allowing ourselves to be open to think out of the box and go with the flow and ebb of our situation and the people we work with. When we discard our standard activity programs and give people the space and time to follow their own schedules, we may witness amazing results, as you'll see in this book.



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