

# The Reading2Connect<sup>®</sup> Program

# Enhancing Social-Emotional Well-Being Through Age/Dementia Friendly Books

Our innovative, one-of-a-kind program offers staff members and support partners the materials and training necessary to facilitate resident-directed, independent reading. Adapted for this time of Covid, our specialized, age/dementia-friendly books (printed in multiple languages) are available in three forms:

- 1. hardcopy on washable, tear-resistant paper
- 2. as eBooks
- 3. as audio books

Via our coach training, staff, families, and volunteers learn to use our books to:

- Facilitate resident-to-resident social connections, even when physically distanced.
- Augment events, holidays, and activity themes.
- Incorporate comedy, trivia, singing, skits, and spirituality in elder-led activities.
- Enrich visits (remote and in-person) from families and volunteers.
- Design volunteer and intergenerational programs.
- Enhance media and multi-sensory experiences.
- Offer compassionate responses to older adults feeling distressed.
- Promote diversity and inclusion in your care community.
- Integrate reading into the daily lives of aging adults beyond programming.

Our training incorporates dementia care best practices, Montessori-based principles, and a Peer Interaction Model unique to Reading2Connect<sup>®</sup>. Participants acquire skills and tools that can be applied to all social and care situations with aging adults.

# The Reading2Connect<sup>®</sup> Program includes:

- -- 25 Single Washable Print Books
- -- 50 Group Washable Print Books (10 sets of 5)
- -- 10 E-Books
- -- 10 Audio Books
- -- 16 Washable Book Stands
- -- One Voice Amplifier
- -- A Reading Assessment Screen
- -- Instructional User Guide
- -- Online Coach Training
- -- Reading2Connect® Certification
- -- Three NCCAP-Approved CEUs

Thank you for your interest! Please contact us for more information.





#### **BOOKS CREATED FOR PEOPLE LIVING WITH DEMENTIA**

- 1. Reading2Connect® Books at Reading2Connect.com \*
- 2. Two-Lap Books by Lydia Burdick
- 3. Blue Sky, White Clouds by Eliezer Sobel
- 4. Through the Seasons by Cynthia R. Green
- 5. Shadowbox Press Books at shadowboxpress.com
- 6. Simple Pleasures for Special Seniors by Don Koffman
- 7. Books for Dementia Patients by Emma Rose Sparrow
- 8. Share-Time Pictures by Judy Parkinson (in Australia)
- 9. Read a Bit, Talk a Bit books by Denton-Cook (in Australia)
- 10. Reading Roundtable books at The Myers Research Institute
- 11. Let's Look Together by Rae-Lynn Cebul Ziegler
- 12. The Carry On Reading Series at Dementiability

\* The Reading2Connect<sup>®</sup> books are available within the Reading2Connect<sup>®</sup> Coach Training Program. Please contact us for more information.

Info@Reading2Connect.com



#### SHARED READING VIDEO TECHNIQUES

#### Video Recommendations

- Good quality sound
- Simple background
- No distractions
- Horizontal orientation is usually best
- Face the camera directly, so as not to create a distorted or slanted image
- Center yourself
- Minimal movement
- Bright but not harsh lighting, few shadows

#### **General Communication Strategies to Consider**

- Introduce the topic, elaborate on the topic a bit, give them time to orient
- Good eye contact, not overly intrusive
- Pleasant tone of voice and facial expression
- Use short sentences (one-element sentences)
- Not fast speech
- Pause time between sentences
- Not overly animated

#### Tips to Consider When Sharing a Book via Video

- Orient first, eg, introduce yourself, make a social connection
- Introduce the topic and the book
- Show the cover of the book, with minimal movement
- Allow time to process
- Show the image of the first page, allowing time to process
- Read aloud the first page
- Show the first page image again, allowing time to process
- Comment or ask a question
- Show the first page text, allowing time to read
- Comment or ask question
- Continue onto next page
- No need to finish the book, especially if conversation is flowing.

#### NOTE:

There is no formula to this. Each resident is unique and you have your own style. Apply the guidelines above as you see fit, in your own way.



# Sources for "Transforming Aging Through the Power of Reading" Presentation

#### **Reading and Dementia**

Bourgeois, M.S. (2001). Is Reading Preserved in Dementia? The ASHA Leader.

Cummings, J.L. (1986). The pattern of reading deterioration in dementia of the Alzheimer's type: observations and implications. *Brain and Language*, 29(2), 315-323.

Heerema, E. (2020). Reading During Different Stages of Dementia. Very Well Health.

Noble, K. (2000). Oral reading in dementia. Brain and Language, 74(1), 48-69.

Paque, L. (1995). A longitudinal study of reading ability in patients suffering from dementia. *Journal of International Neuropsychological Society*, 1(6), 517-524.

Patterson, K.E. (1994). Reading in dementia of the Alzheimer type: a preserved ability? *Neuropsychology*, 8(3), 395-407.

International Federation of Library Associations (IFLA). (2010) Guidelines for Library Services to Persons with Dementia



#### Sources for "Transforming Aging Through the Power of Reading" Presentation

#### How Adult Aging Affects Reading Behaviors

Gordon, P.C. & Lowder, M.W. & Hoedemaker, R.S. (2016). Reading in Normally Aging Adults. *Cognition, language and aging* (p. 161-195). John Benjamins Publishing Company.

Harvey, R.L. (1979). Reading Interests of Older Adults. *Educational Gerontology Journal*, 4(3), 209-214.

Hendon, W.S. (1989). Reading behaviors of the elderly: Leisure activities decline but reading goes on. *Poetics*. 18(6), 537-54

Paterson, K. (2012). Filtered Text Reveals Adult Age Differences in Reading: Evidence from Eye Movements. *Psychology and Aging*, DOI: 10.1037/a0030350

Paterson, K. (2012). Why Older People Struggle to Read Fine Print: It's Not What You Think. *Science News*.

Rea, A. (2020). Reading Through the Ages: Generational Reading Survey. Library Journal.

Rea, A. (2020). Reading Through the Ages. Hill Strategies Research, Inc.

Robinson, R.D. (1979). The Reading Process and the Elderly. *Educational Gerontology Journal*, 4(3), 223-228.

Smith, M.C. (1993). The Reading Abilities and Practices of Older Adults. *Educational Gerontology Journal*, 19(5), 417-432.

860-235-4348



### Sources for "Transforming Aging Through the Power of Reading" Presentation

#### Benefits of Reading for Health and Well-Being

Aging and Health. (2015). Five Proven Benefits of Reading for Seniors.

Bavishi, A. & Slade, M.D. & Levy, B.R. (2016). A chapter a day: Association of book reading and longevity. *Social Science and Medicine*, 164, 44-48.

Billington, J. (2013). Reading as participatory art: An alternative mental health therapy. *Journal* of Arts and Communities, 5(1), 25-40.

Billington, J. (2015). Can reading improve your well-being? World Economic Forum.

Charlton, E. (2019). Five reasons why reading a book is good for you. World Economic Forum.

Dowrick, C. (2012). "Get into Reading" as an intervention for common mental health problems: exploring catalysts for change. *Medical Humanities Journal*, 38(1), 15-20.

Freudenheim, M. (2010). Many Alzheimer's Patients Find Comfort in Books. *The New Old Age: New York Times*.

Hallett, R. (2016). Want to Live Longer? Read a Book. World Economic Forum.

Hertzog, C. & Kramer, A.F. & Wilson, R.S. (2008). Enrichment Effects on Adult Cognitive Development: Can the Functional Capacity of Older Adults Be Preserved and Enhanced? *Psychological Science in the Public Interest*. 9(1), 1-65.

Hughes, T.F. (2010). Engagement in Reading and Hobbies and Risk of Incident Dementia. *American Journal of Alzheimer's Disease and Other Dementias*, 25(5), 432-438.

Jedrziewski, M.K. et al. (2014). The Impact of Exercise, Cognitive Activities, and Socialization on Cognitive Function: Results from the National Long-Term Survey. *American Journal of Alzheimer's Disease and Other Dementias*, 29(4), 372-378.

860-235-4348



### Sources for "Transforming Aging Through the Power of Reading" Presentation

# Benefits of Reading for Health and Well-Being (continued)

Kawashima, R. (2005). Reading Aloud and Arithmetic Calculation Improve Frontal Function of People with Dementia. *The Journals of Gerontology*, 60(3), 380-384. (SAIDO Learning)

Lewis, D. (2009). Reading Can Help Reduce Stress. *Galaxy Stress Research, Mindlab International, Sussex University.* 

The Reading Agency. (2015). Reading for pleasure builds empathy and improves wellbeing. *BOP Consulting*.

The Reading Agency. (2015). Literature Review: The impact of reading for pleasure and empowerment. *BOP Consulting*.

Wilson, R.S. et al. (2002). Participation in cognitively stimulating activities and risk of incident Alzheimer Disease. *Journal of the American Medical Association*, 287(6), 742-748.

Wolf, R.E. (1977). What is Reading Good For? Perspectives from Senior Citizens. *Journal of Reading*, 21(1). 15-17



### Sources for "Transforming Aging Through the Power of Reading" Presentation

#### **Reading Groups for People Living with Dementia**

Billington, J. The Reader Organization. (2013). Read with Care: A Literature-Based Intervention for Older People Living With Dementia. *Perspectives on Public Health*, 133(3), 165-173.

Gallagher, M. (2017). Read To Care: An Investigation Into Quality Of Life Benefits Of Shared Reading Groups For People Living With Dementia. *The Reader*.

Latchem, J. (2014). The role of reading on health and well-being of people with neurological conditions: A systematic review. *Aging and Mental Health*, 18(6).

Longden, E. & Billington, J. (2016). An evaluation of shared reading groups for adults living with dementia: preliminary findings. *Journal of Public Mental Health*, 15(2), 75-82.

Miller, N. (2016). Libraries in care homes can improve residents' mood and memory. *The Guardian*.

Skrajner, M.J. & Camp, C.J. (2007). Resident-Assisted Montessori Programming (RAMP<sup>™</sup>): Use of a Small Group Reading Activity Run by Persons with Dementia in Adult Day Health Care and Long-Term Settings. *American Journal of Alzheimer's Disease and Other Dementias*, 22(1), 27-36.



# Sources for "Transforming Aging Through the Power of Reading" Presentation

#### **Consequences of Social Isolation**

Holt-Lunstad, J. (2010). Social Relationships and Mortality Risk: A Meta-analytical Review. *PLOS Medicine Journal*, 7(7): e1000316.

House JS, Landis KR, Umberson D. (1988) Social relationships and health. *Science* 241: 540–545.

McPherson M, Smith-Lovin L. (2006). Social Isolation in America: Changes in core discussion networks over two decades. *American Sociological Review* 71: 353–375.

Shaw JG et al. (2017). Social Isolation and Medicare Spending: Among Older Adults, Objective Social Isolation Increases Expenditures while Loneliness Does Not. *Journal of Aging and Health*, 29(7): 1119-1143.

Tiwari, S.C. (2013). Loneliness: A Disease? Indian Journal of Psychiatry, 55(4): 320-322.

Wilson RS, Krueger KR, Arnold SE, Schneider JA, Kelly JF, Barnes LL, et al. (2007). Loneliness and risk of Alzheimer disease. *Archives of General Psychiatry*. 64, 234–40.