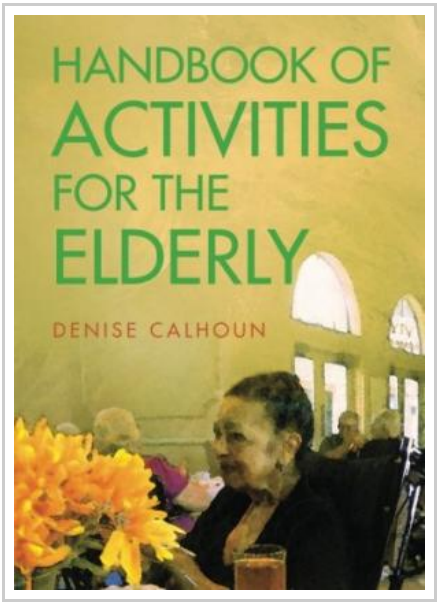


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Handbook of Activities for the Elderly

By Denise Calhoun

Tate Publishing. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 6.8in. x 4.9in. x 0.3in.Hands-on, fun, and stimulating, Handbook of Activities for the Elderly provides step-by-step directions for quick and easy activities to build effective communication skills. An educator for over thirty years, Denise Calhoun became interested in the similarities between young children and the elderly. After observing the downward spiral of her moms health, she examined the aging process, noting how many symptoms reveal characteristics of early childhood development. From extensive research and observation of the cognitive decline in elderly family members and other elderly adults, Denise found that one of the key elements to sustaining quality of life was communication. Denise developed activities to promote interaction. Handbook of Activities for the Elderly includes a variety of meaningful activities that are practical and manageable to implement. The activities are broken into four categories: physical environment, social-emotional, nutritionfitness, and language and cognition. This practical guide provides activities to stimulate minds and foster healthy development mentally, physically, and emotionally. Learn about different styles of art: chalk drawings, watercolor paintings, crayon resist paintings, and metallic drawings. Enjoy making tasty simple snacks such as orangeana salad, tropical treat sticks, and grape expectation. Plan...

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