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Sundowning is our featured topic this month

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Forthcoming event

Launch of new Red Nose Coming DVD at Activities event, 10th March

Delegates attending 'Running a Successful Activities Programme', 10-11th March, at the Iris Murdoch Building, are in for a treat when we launch the new DVD version of Red Nose Coming. The film looks at the Elderflowers, who use clowning and slapstick to engage with people with dementia in NHS assessment and long-term care units. The DVD includes a booklet about their work and the charity Hearts&Minds, who run the programme. Delegates can see a preview of the DVD and meet some of the Elderflowers 'family'.



This event will explore how providing meaningful activities can improve the lives of people with dementia in hospital and care settings. It will introduce practical techniques, including using music and physical exercise. It also looks at the use of life-story work and its benefits.

Delegates will have the opportunity to buy the DVD at a special delegate price and choose a FREE book from DSDC's activities series.

[Book your place here](#)

In the headlines

Study looks at public attitudes toward early detection of dementia across different health-care systems

A new study has found that older adults in the United Kingdom are less willing to undergo dementia screening than their counterparts in the U.S. because the Britons perceive greater societal stigma from diagnosis of the disease than do Americans.

[News-Medical.net 19 January 2009](#)

So could Terry Pratchett's sci-fi helmet really halt Alzheimer's?

Bestselling author Sir Terry Pratchett has been testing out a revolutionary helmet which is claimed to slow down or even reverse the effects of Alzheimer's disease.

[Daily Mail Online 18 January 2009](#)

Number of dementia and heart disease sufferers to stretch NHS to breaking point

A 50% rise in the number of over 65s with dementia, heart disease and osteoporosis by 2025 will stretch the NHS to breaking point, a charity has warned.

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



The Dementia Services
Development Centre



UNIVERSITY OF
STIRLING

Sundowning

Introduction

At the Dementia Services Development Centre at the University of Stirling, we often get asked about “sundown” syndrome. People with dementia are sometimes seen to become more confused or agitated later in the day. This can happen in their own home, or in a care setting.

The theory of why this happens has changed over time. Because there is evidence that decreased light levels are a problem for people with dementia, it was felt that increasing light would help prevent the problem. The relationship between light levels and psychological well being is complex. Conditions range from seasonal affective disorder when people feel low during the darker winter months in the northern hemisphere, through to confusion and irritation caused by the fact that a person can't see properly in low light. Another explanation might be that the person with dementia is merely tired. Dementia causes impairment of understanding, and if you are tired and confused, you may exhibit behaviour that is challenging for those around you.

Carers seeking practical solutions will find that it is sometimes said that there is little that can be done. Medication is sometimes sought, but the dangers of offering sedative medication to people with dementia are well documented. In addition, the medication can cause disruption of sleep patterns, and increase the likelihood of falls and other adverse incidents.

At least it can be said that there are some simple practical steps that you can take. Make sure that stressful events are focussed in the early part of the day, to allow more restful afternoons and evenings. Outings in the morning, or visits at that time, may be helped by the person with dementia being at the peak of their energy and capacity to cope. Find ways of promoting restful periods, including naps. Sometimes a care setting can be very lively at staff handover times, and the increased activity and stimulation may lead to increased agitation in residents at that time of day.

If the main problem is agitation, there are things that can be done to reduce this. None of the research evidence is very strong, but we have to start where we are. You can recommend

- Exercise and activity (particularly early in the day) can help to make the person naturally tired, but not over-tired, and may reduce wandering
- Keeping a calm environment includes controlling meaningless noise and good use of appropriate music or conversation
- Maintaining good light levels, reducing clutter, and making the environment “dementia friendly” helps the person to relax
- All behaviour is a form of communication, so make sure that the agitation is not caused by pain, a need to go to the toilet, other physical discomfort, or an underlying undiagnosed, medical condition
- Touch can be calming, but make sure it is not misunderstood as restraint, as that will only increase the problem

Professor June Andrews
Director
DSDC

Sundowning

Web Resources

Better Health Channel

Dementia and sundowning

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Dementia_and_sundowning

The Alzheimer's Association of Los Angeles

Sundowning

<http://www.alzla.org/dementia/sundowning.html>

The Dementia Caregiver's Toolbox

Dementia sundowning helped by bright light?

http://nurturingnuggets.typepad.com/the_nurturing_nuggets_blo/2008/03/dementia-sundow.html

Alzheimer's Australia

Sundowning

<http://www.alzheimers.org.au/upload/HS5.5.pdf>

Aging Wisely

Sundowner's Syndrome

<http://www.agingwisely.com/sundowners-syndrome/>

Healing Well

Tips on sundowning in Alzheimer's patients

<http://www.healingwell.com/LIBRARY/alzheimers/knox2.asp>

About.com

Melatonin and Alzheimer's disease: improving sleeplessness and sundowning with melatonin

<http://alzheimers.about.com/lw/Health-Medicine/Alternative-treatments/Melatonin-and-Alzheimers-Disease.htm>

The Free Library

Managing the sundowning patient

<http://www.thefreelibrary.com/Managing+the+sundowning+patient-a013839730>

AARP Healthcare

Sundowning: confusion after dark

<http://healthed.aarphealthcare.com/ArticlePage.aspx?CategName=Memory%20Changes&TopicName=Facts%20about%20Memory%20Issues&ArticleTitle=sundwn>

Caring.com

What to do when someone shows signs of sundown syndrome

<http://www.caring.com/articles/sundown-syndrome>

Alzheimer's Australia NSW

Familiar group singing: addressing mood and social behaviour of residents with dementia displaying sundowning

http://www.alzheimers.org.au/upload/Lesta_MusicSundowning.pdf

Sundowning

Topic Reading List

Kerr, Diana

Supporting older people in care homes at night

York : Joseph Rowntree Foundation, 2008.

This report explores the night-time care experiences of residents, relatives and staff in three care homes in Scotland. This report examines the perspectives of residents, relatives, staff and care homes inspectors. It identifies areas of good and poor practice, and recommends ways to make improvements through a series of interventions.

<http://www.jrf.org.uk/bookshop/eBooks/2192-night-care-older-people.pdf>

Lee, Y.

Effects of indoor gardening on sleep, agitation, and cognition in dementia patients : a pilot study.

International journal of geriatric psychiatry. 23(5), May 2008, 485-489.

A pilot study was performed to examine the efficacy of indoor gardening on sleep, agitation and cognition of dementia patients.

Bonner, Chris

Reducing stress-related behaviours in people with dementia : care-based therapy

London ; Philadelphia : Jessica Kingsley Publishers, 2005.

Includes a section on managing sleep disturbance.

Dowling, Glenna A

Effect of timed bright light treatment for rest-activity disruption in institutionalized patients with Alzheimer's disease.

International journal of geriatric psychiatry. 20(8), August 2005, 738-743.

Disturbances in rest-activity rhythm are prominent and disabling symptoms in Alzheimer's disease (AD). Nighttime sleep is severely fragmented and daytime activity is disrupted by multiple napping episodes. In most institutional environments, light levels are very low and may not be sufficient to entrain the circadian clock to the 24-hour day. The purpose of this randomized clinical trial was to test the effectiveness of timed bright light therapy in reducing rest-activity (circadian) disruption in institutionalized patients with AD.

Kuhn, Daniel Daytime sleep and the threat to well-being of persons with dementia.

Dementia. 4(2), May 2005, 233-247.

Sleep dysfunction is common among persons with dementia. The relationship of daytime sleep to the quality of life and social engagement of persons with dementia has not been examined. This study examined this relationship among 166 persons with dementia in three nursing homes, two assisted living facilities, and three adult day centres.

Sloane, Philip D.

Implementing a lighting intervention in public areas of long-term care facilities : lessons learned.

Alzheimer's care quarterly. 6(4), October/December 2005, 280-293.

Research suggests that high-intensity light, similar to that provided by natural daylight, may have therapeutic effects on sleep, mood and behaviour in people with dementia.

Recommendations are provided for facilities interested in increasing lighting levels to enhance resident quality of life.

Staedt, Jurgen

Treatment of rest-activity disorders in dementia and special focus on sundowning.

International journal of geriatric psychiatry. 20(6), June 2005, 507-511.

Editorial. Cognitive performance and sleep quality seem to be closely related. In demented patients, the extent to which night sleep is disturbed is said to correlate with the severity of the dementia.

Forbes, Dorothy [et al.]

Light therapy for managing sleep, behaviour, and mood disturbances in dementia

Cochrane Database of Systematic Reviews 2004, Issue 2.

The review assesses the evidence of efficacy of bright light therapy (BLT) in managing sleep, behaviour, mood, and cognitive disturbances associated with dementia.

Dewing, Jan

Sundowning in older people with dementia : evidence base, nursing assessment and interventions.

Nursing older people. 15(8), November 2003, 24-32.

Sundowning is a phenomenon infrequently discussed in UK nursing literature but is a serious cause of distress for many older people and their cares. This article addresses some of the causes of sundowning and suggests ways in which nurses may contribute to better management of the condition.

Andersson, Jonas E. Dementia and light : an inventory of the design of indoor lighting as a unit for elderly people with dementia and the possible influence of lighting on the residents.

Haninge, Sweden : KTH Syd, 2003.

This survey is the result of a study carried out in a building for elderly care. The objective was to study the presence of "sundown syndrome" in a unit designated for elderly people with dementia in Sweden, and to study whether the lighting equipment has been adapted to try to counterbalance or ease the effects of the syndrome.

Fetveit, Arne

Sleep disturbances among nursing home residents.

International journal of geriatric psychiatry. 17(7), July 2002, 604-609.

Assesses the prevalence and characteristics of sleep disturbances among an entire nursing home population, consisting of 29, mainly demented, long-term patients.

Burgio, Louis D

Temporal patterns of disruptive vocalisation in elderly nursing home residents.

International journal of geriatric psychiatry. 16(4), April 2001, 378-386.

Studies temporal patterns of disruptive vocalisation (agitation) in people with dementia living in nursing homes in America. Sundowning was found to be the most frequent occurrence of this behaviour.

Mandel, B

Sundown syndrome. 2001.

Geriatric medicine. 30(1), January 2001, 47-49.

Explains sundown syndrome, a little known phenomenon affecting elderly people, especially those with dementia, during the evening.

Dewing, Jan

Sundowning : is it a syndrome?.

The journal of dementia care. 8(6), November/December 2000, 33-36.

A review of literature around the topic of sundowning, the tendency for people with dementia to become agitated or confused in late afternoon or early evening.

Special care units.

New York : Serdi, 2000.

Edited volume of papers on special care units for people with dementia. Topics covered are SCUs in America, Australia and Europe, prevalence, activities of daily living, agitation, sundowning, segregation, acute care, personal care costs, staffing, light and noise levels, cultural heritage, ethical issues.

Skjerve, Arvid

Improvement in sundowning in dementia with Lewy bodies after treatment with Donepezil.

International journal of geriatric psychiatry. 15(12), December 2000, 1147-1151.

Case study of a man with Lewy body dementia exhibiting sundowning symptoms. When given donepezil the man's ratings of behavioural symptoms improved.

Current Awareness

Dementia in the News

Columbo actor 'has Alzheimer's'

A court document filed by Peter Falk's daughter says the Emmy-winning actor, best known as TV detective Columbo, has Alzheimer's disease.

[BBC News Online 17 December 2008](#)

Curry ingredient being investigated as treatment for Alzheimer's disease

A study will examine if curcumin, found in Indian spice turmeric which gives some curries their yellow colour, has an effect on the parts of the brain affected by Alzheimer's disease.

[Telegraph.co.uk 17 December 2008](#)

Praise for hospital's work to aid elderly dementia sufferers

A senior minister has praised the work of a Lothians project which helps elderly people with dementia. Following a visit to the Eastern General's Hearts and Minds Elderflowers programme public health minister Shona Robison said she was encouraged by the work being done there.

[Scotsman.com 19 December 2008](#)

Alzheimer's gene 'linked to vitamin D'

Scientists have found a new Alzheimer's gene they believe could affect how our bodies use a vital vitamin. Researchers hope that the breakthrough could one day lead to new treatments for the devastating neurological condition.

[Telegraph.co.uk 2 January 2009](#)

'Memory book' to aid dementia battle

The lives of families living with a person with dementia could soon be made easier through the introduction of a "memory book". Residents from across Edinburgh are being encouraged to get involved in a project which begins this month, allowing them to take their relatives back to a time in their life they can best remember.

[Scotsman.com 3 January 2009](#)

The odd tippie boosts female brain

Research shows the occasional drink can improve cognitive function and defend against dementia in women - but the same is not true for men

[Times Online 5 January 2009](#)

Brain shortage threatens medical research

A shortage of brains risks hampering medical studies, scientists have warned, urging the public to donate theirs for research when they die. Scientists said that work into the causes of the conditions such as Alzheimer's Disease and autism were under threat,

[Telegraph.co.uk 6 January 2009](#)

Dementia drug death risk warning

Experts have condemned the commonplace prescribing of sedatives to people in the UK with dementia. It comes as a three-year study published in The Lancet Neurology reports a doubling of the risk of early death in those on the drugs long-term.

[BBC News Online 9 January 2009](#)

Current Awareness New Library Stock

Alzheimer's disease

Rosenwax, Lorna, McNamara, Beverley and Zilkens, Renate

A population-based retrospective cohort study comparing care for Western Australians with and without Alzheimer's disease in the last year of life.

Health and social care in the community 17(1), February 2009, 36-44

This study investigated health service use for people in the last year of life, comparing those who died with and without Alzheimer's disease documented on the death certificate.

Care of people with dementia

Manthorpe, Jill

Assessing dignity in care.

Community care 1753, 15 January 2009, 30-31

A study of dignity indicators for older people exposes the factors that undermine provision of sensitive care. The author assesses the results.

Carers

Fox, Alex

The cost of unpaid caring.

Working with older people 12(4), December 2008, 22-26

The author looks at the role of a contribution made by informal carers to the social care system and says that more should be done to recognise their skills and knowledge as well as better support given to help prevent their ill health, thereby helping to reduce rising formal care costs of local social services.

Community care

Marsh, Caroline

Individual budgets.

Working with older people 12(4), December 2008, 35-37

Individual budgets allow the service user to take control and make decisions about the care they receive. The author describes how one individual's life has been transformed through the power of choice.

McGarry, Julie

Defining roles, relationships, boundaries and participation between elderly people and nurses within the home : an ethnographic study.

Health and social care in the community 17(1), February 2009, 83-91

Utilising an ethnographic approach, incorporating participant observation and semistructured interviews with nurses and elderly people, the aim of this study was to explore the nature of the care relationship within the home setting.

Complementary therapies

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.

Holland, Anthea

Mindsong : festival outreach to people with dementia.

The journal of dementia care 17(1), January/February 2009, 18-19

The authors explain the success of an innovative music therapy project, linked to the world-famous Three Choirs Festival.

Lam, Linda C.W. [et al.]

Modality of physical exercise and cognitive function in Hong Kong older Chinese community.

International journal of geriatric psychiatry 24(1), January 2009, 48-53

The authors reported the association between modality of physical exercise and cognitive function in older Chinese adults assessed during a population survey for dementia in Hong Kong.

Depression

Chan, Sally [et al.]

Predicting changes in the health-related quality of life of Chinese depressed older people.

International journal of geriatric psychiatry 24(1), January 2009, 41-47

This study aimed to identify predictors of change in Health Related Quality of Life (HRQoL) among community dwelling Chinese older people with depression.

Choi, Sunha [et al.]

Elders with first psychiatric hospitalisation for depression.

International journal of geriatric psychiatry 24(1), January 2009, 33-40

The purpose of this study is to describe the proportion and characteristics of first-time inpatients admitted for late-life depression.

Design

Cann, Paul

Building to last : the importance of designing life-long communities.

Housing, care and support 11(4), December 2008, 10-13

This article discusses how policy-makers and local government need to listen to the voice of older people when designing the communities we live in.

Drug therapy

Thompson, Amanda and Jesson, Barbara

Medicines and people with dementia : 3. refusing medication : what can you do?

The journal of dementia care 17(1), January/February 2009, 12-13

People with dementia may refuse medication for a number of reasons. In the third article of their series, the authors discuss a step-by-step approach to handling the refusal of essential medications.

Elder abuse

Penhale, Bridget and Parker, Jonathan

Working with vulnerable adults.

London ; New York : Routledge, 2008.

This text provides an understanding of current professional practice in social and health care, examining abuse of vulnerable adults and the ways in which social policy, welfare services and practitioners may compound or alleviate vulnerability.

Petch, Alison

Safety Matters : the role of partnership working in safeguarding adults.

Journal of integrated care 16(6), December 2008, 39-40

This column draws on the Safety Matters Change Project. Through detailed development and pilot work with practice teams, it seeks to provide a range of resources to enable development of high-quality practice.

End of life care

Evans, Catherine and Goodman, Claire

End of life care for older people with dementia living in a care home.

Journal of integrated care 16(6), December 2008, 15-25

The second in a new series about mental health in old age, this article reviews policies and research evidence on services for people with dementia at the end of their lives, and looks at future commissioning priorities.

Great Britain. National Audit Office .

End of life care.

London : The Stationery Office, 2008.

The National Audit Office found that health and social care services provide a high quality service to some people with chronic illness who are approaching the end of their lives. These care services are becoming more and more complex and more coordination is needed.

Leishman, June L.

Older people : death, dying and end-of-life care.

Quality in ageing 9(4), December 2008, 36-43

This paper seeks to provide insights into the ways in which older people in contemporary society make sense of death and dying and makes a case for improvements in end-of-life care for this population.

Housing

Crosby, Gillian and Clark, Angela

A place to live.

Housing, care and support 11(4), December 2008, 20-23

The home improvement sector must quicken its pace to respond to society's wish to 'stay put', even when frailty or ill-health sets in. This article examines the policies that are driving the housing agenda forward, and the housing options that are currently available to older people.

Oldman, Joe

Winners and losers : sheltered housing and floating support.

Housing, care and support 11(4), December 2008, 6-9

One of the cornerstones of social housing is tenant participation. Changes to service delivery are subject to genuine consultation with the people it affects. This, the article argues, has been forgotten in the rush to introduce floating support.

Legal issues

Dow, John

What is a deprivation of liberty?

Journal of integrated care 16(6), December 2008, 37-38

What is the difference between a deprivation of liberty and a restriction upon liberty? This sounds like a question for a lawyer, but staff in health and social care institutions will need to know the answer when the new Deprivation of Liberty Safeguards are implemented in April 2009.

Older people - health/welfare

Bernard, Caroline and Passingham, Anna

Care contradictions : putting people first.

Working with older people 12(4), December 2008, 27-30

There is growing evidence that local authorities are providing care only to those people who are deemed to be the most in need. The authors examine the background to the challenges around care charging, but say that care must be accessible to all those who need it.

Firth, Malcolm

Initial assessment and eligibility for secondary care mental health services : not a simple equation.

Journal of integrated care 16(6), December 2008, 41-48

This paper identifies the challenges of interpreting and implementing appropriate eligibility criteria and assessment processes in adult mental health services, with reference to an inner-city Trust's own protocols.

Kemp, Philip

Hypothermia : causes and management.

British journal of healthcare assistants 2(12), December 2008, 586-588

Hypothermia is a life-threatening condition which can be fatal if it is not treated immediately. However, it can be easily prevented and so it is vital that healthcare assistants and assistant practitioners are aware of the signs and symptoms.

Hébert, Réjean [et al.]

Evaluation of the implementation of PRISMA, a coordination-type integrated service delivery system for frail older people in Québec.

Journal of integrated care 16(6), December 2008, 4-14

PRISMA is the only example of a co-ordinated-type model to be developed and fully implemented with a process and outcome evaluation.

Pain

Kumar, Arun and Allcock, Nick

Pain in older people : reflections and experiences from an older person's perspective.

London : Help the Aged, 2008.

This report highlights a lack of knowledge on the part of health and social care professionals about pain in older people, a failure to assess the pain and an underestimation of pain in older people by both healthcare professionals and older people themselves.

People with dementia – health/welfare

Banerjee, Sube [et al.]

What do we know about quality of life in dementia? : a review of the emerging evidence on the predictive and explanatory value of disease specific measures of health related quality of life in people with dementia.

International journal of geriatric psychiatry 24(1), January 2009, 15-24

This review brings together current data on the distribution, determinants and course of health-related quality of life (HRQL) in dementia to investigate the predictive and explanatory value of measures of HRQL in people with dementia.

Miller, Edward Alan, Schneider, Lon S. and Rosenheck, Robert A.

Assessing the relationship between health utilities, quality of life, and health services use in Alzheimer's disease.

International journal of geriatric psychiatry 24(1), January 2009, 96-105

This study aimed to examine the relationship between use of multiple health services and health utilities, quality of life and other factors in Alzheimer's disease.

Person-centred care

Williamson, Toby

Dementia : putting people at the centre.

Working with older people 12(4), December 2008, 38-41

The government has made dementia a public priority and 2008 has seen the publication of the first ever national dementia strategy for England. The author describes the challenge posed by dementia in that context and reports on some initiatives that give a voice to people with dementia.

Biernacki, Claire

I believe, therefore I care.

The journal of dementia care 17(1), January/February 2009, 14-15

Responding to Baroness Warnock's comment that people with dementia 'waste the resources of the NHS', the author argues that dementia care will continue to suffer unless society starts to believe in the fundamental value of all people.

Planning – health and social care

Klée, Deborah

Explaining about health and social care commissioning.

Working with older people 12(4), December 2008, 10-13

The author explains how national policy is changing the way services are planned and commissioned and what this means for older people and provider services.

Mills, Oliver

Self-assessment and self-managed care.

Working with older people 12(4), December 2008, 31-34

Since the government published Putting People First, the personalisation agenda has been brought ever closer. The author describes the complex challenges and barriers local authorities will face as they piece together the jigsaw that will transform the adult social care system for good.

Reminiscence

Hong, Chia Swee and Hibberd, Jane M.

Museum outreach : making memory boxes.

The journal of dementia care 17(1), January/February 2009, 16-17

The authors report on a joint project between the Alzheimer's Society and Suffolk museums which produced memory boxes to stimulate conversation and sharing of memories with people with dementia.

Research

Bhamra, Suneeta [et al.]

The retention of older people in longitudinal studies : a review of the literature.

Quality in ageing 9(4), December 2008, 27-35

This research draws on evidence from ongoing and previous longitudinal studies of people aged 55 and over to examine what factors encourage the retention of participants and what causes them to drop out.

McDonald, Ann and Heath, Becky

Developing services for people with dementia : findings from research in a rural area.

Quality in ageing 9(4), December 2008, 9-18

This article describes a piece of work carried out in three rural counties in East Anglia designed to map services across the statutory, voluntary and private sectors, and to describe the ways in which national policy is being interpreted to meet local need.

Lenze, Eric J. and Wetherell, Julie Loebach

Bringing the bedside to the bench, and then to the community : a prospectus for intervention research in late-life anxiety disorders.

International journal of geriatric psychiatry 24(1), January 2009, 1-14

This paper evaluates gaps in the evidence based for treatment of late life anxiety disorders and synthesises recent research in cognitive neuroscience, basic behavioural science, stress and aging.

Residential care

Mackay, Ann

Running a care home.

Working with older people 12(4), December 2008, 14-18

Services that are commissioned need to balance demands for higher standards, the needs of local communities and person-centred delivery with ever-tightening budgets. According to the author, this has yet to be achieved for the care home sector.

Rees, Kate

The cost of living.

Working with older people 12(4), December 2008, 19-21

The author tells the story of her mother, who went from being an independent retiree to a dependent resident in a nursing home, and illustrates the true cost of living when you can no longer look after yourself.

Restraint

Hughes, Rhidian

Restraint part 4 : issues and dilemmas.

British journal of healthcare assistants 2(12), December 2008, 593-595

This final article in the current series on restraint takes a broad view of some of the issues raised by restraints for healthcare practitioners. The article covers debates about 'restraint free' care, values that support positive practice, and education and training to minimise the unnecessary use of restraints.

Risk assessment

Kørner, Alex [et al.]

Late and very-late first-contact schizophrenia and the risk of dementia : a nationwide register based study.

International journal of geriatric psychiatry 24(1), January 2009, 61-67

This study aimed to examine whether late and very-late first-contact schizophrenia carry a risk for later development of dementia.

Sensory impairment

Slater, Anthony

Housing design for better sight : solutions for living.

Housing, care and support 11(3), November 2008, 9-12

This article shows how good design can help people with sight loss lead independent, active lives. It questions the lack of planning for sensory disability in Lifetime Homes and takes lighting as an example of how existing homes can be improved for those living with sight loss.

Spirituality

Dakin, Cathy

Spiritual care and dementia : pilgrims on a journey.

The journal of dementia care 17(1), January/February 2009, 24-27

The author argues that everyone has a spiritual dimension to their lives - and that only by offering spiritual care to people with dementia will we be meeting their whole needs.

Technology

Faife, Dyllis

Reflections on developing an assistive technology/telecare service as a model for change management, creative thinking and workforce development.

Housing, care and support 11(4), December 2008, 34-42

This paper explores the wider significance that the development of telecare services has for social care in addition to supporting people to remain independent at home.

Kinsella, Audrey and Doughty, Kevin

Home telehospice : new tools for end-of-life care services.

Journal of assistive technologies 2(4), December 2008, 47-50

This paper describes the development of a telehospice toolbox which it is believed will help to replicate hospice care in the homes of people in the community, thus enabling many more people to be supported in the way that they want at the end of their lives.

Murnane, John S.

Age, mobility and email.

Journal of assistive technologies 2(4), December 2008, 16-25

This research project investigated practical aspects of teaching older, retired people to use the Internet, with particular emphasis on email. This paper deals with the justification for the research, its aims, objectives and mid-term results.

Astell, Arlene [et al.]

Developing technology to meet psychosocial needs.

The journal of dementia care 17(1), January/February 2009, 36-39

The authors describe two projects using computer - CIRCA and Living in the Moment - which describe the benefits of rewarding activity and positive social interaction to people with dementia and their caregivers.

To request items from Dementia Now

Books and articles listed in this Dementia Now are available on request from DSDC Library, for loan or as photocopies, respectively. To make a request, please complete the copyright and loans form.

Library members can request book loans and article photocopies online by logging on to the Shelcat catalogue. To register as a library member, please download and sign the registration form

Both forms are here <http://www.dementia.stir.ac.uk/information.asp?tab=61>

Please print out and complete with your request details and signature, and return to:

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Dementia Services Development Centre
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