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## The Use of Quiet Books with People with Late Stage Dementia: A Case Study

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# *The Use of Quiet Books with People with Late Stage Dementia: A Case Study*

Monique Chabot, OTD, OTR/L and Jaime Galaton, MOT, OTR/L

## *Eloise's Story*

Eloise was a 98 year old woman with late Stage 6 Dementia. She lived with a 24 hour caregiver in a condo. She was being seen for OT due to a left hand 3<sup>rd</sup>-5<sup>th</sup> digit full flexion contracture.

Eloise spent her days sitting on the couch, in full cervical flexion with little interaction with the outside world. She was sensitive to touch in her left hand, and would scream "ouch" or profanities during light touch. She would also startle if her fingernails were touched. Eloise was legally blind and required significantly increased volume to hear.

Eloise's ability to follow 1 step commands varied daily. She became easily agitated with ADLs and required total assist for their completion. She also had frequent verbal and physical outbursts.

## *What is a Quiet Book?*

- Soft shapes and pages placed in a book format, typically felt, arranged in various layouts
- Interactive elements, often educational
- Made of a multitude of bright colors
- Usually created to occupy children



## *Inspiration for Eloise*

- She would notice and comment on bright colors on clothing.
- She appeared calmed by presence of strongly smelling lilies and bright colors in the environment.
- Her books were influenced by sensory stimulation and Tailored Activity Program research.

## *Sensory Stimulation*

- Literature examines use of Snoezlen rooms and multi-sensory stimulation.
- Current research notes positive short term effects in long term care.

## *Positive Effects of Sensory Stimulation:*

- Increased communication
- Increased ADL engagement
- Decreased agitation
- Decreased depression/increased mood

## *Tailored Activity Program:*

- Reduces dementia related behaviors through use of prescribed client-centered activities
- Promotes engagement in ADLs
- Designed for home care versus larger sensory rooms in long term care

(Cruz et al., 2011; Gitlin et al., 2008; Sanchez et al, 2014)

## *Eloise's Book Characteristics*

- Bright colors on a black background to create strong contrast
- Simple images of favorite past leisure activities
- Soft with opportunities for additional tactile input
- Multiple images for counting
- Materials: felt, buttons, elastic, and pompoms

## *Incorporation into Daily Routine*

- Placed on lap prior to ADLs to increase arousal
- Social interaction through counting images
- Encouragement of page turning
- Distraction during contracture management

## *Impact on Eloise*

### *Immediately:*

- Increased arousal
- Immediate reciprocal and appropriate communication
- Decreased agitation during contracture management
- Initiation of counting/ awareness of surroundings

### *During ADLs:*

- First attempt to self feed in approximately 1 year
- Longer standing time during toileting and LE dressing
- Increased communication of wants/needs in a less agitated tone

### *A Year Later:*

- In use prior to ADLs to decrease agitation
- Continues to love counting flowers and cards
- Part of her daily care plan with caregivers

## *For More Information:*

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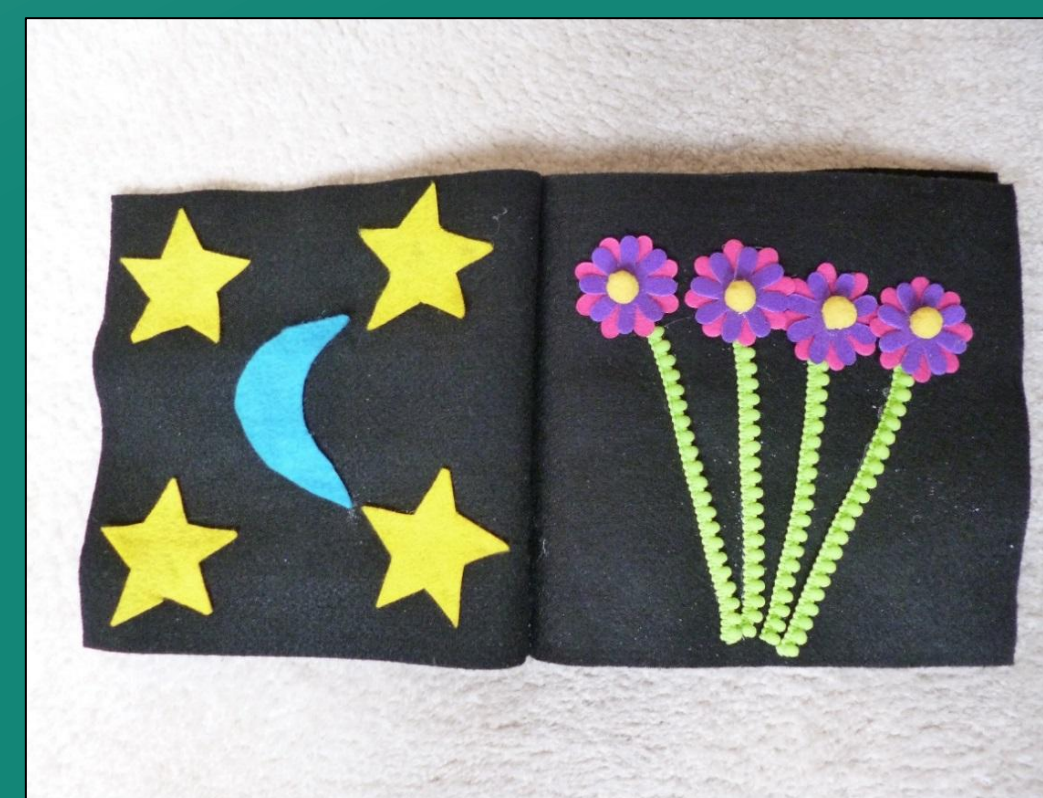
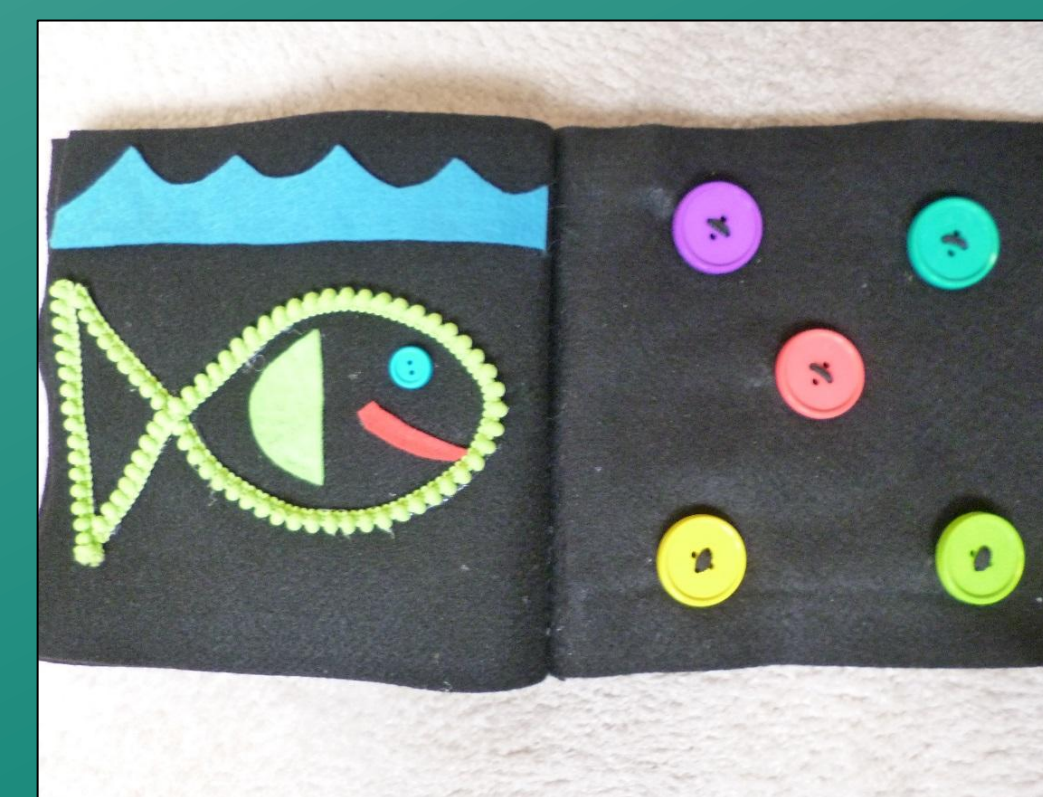
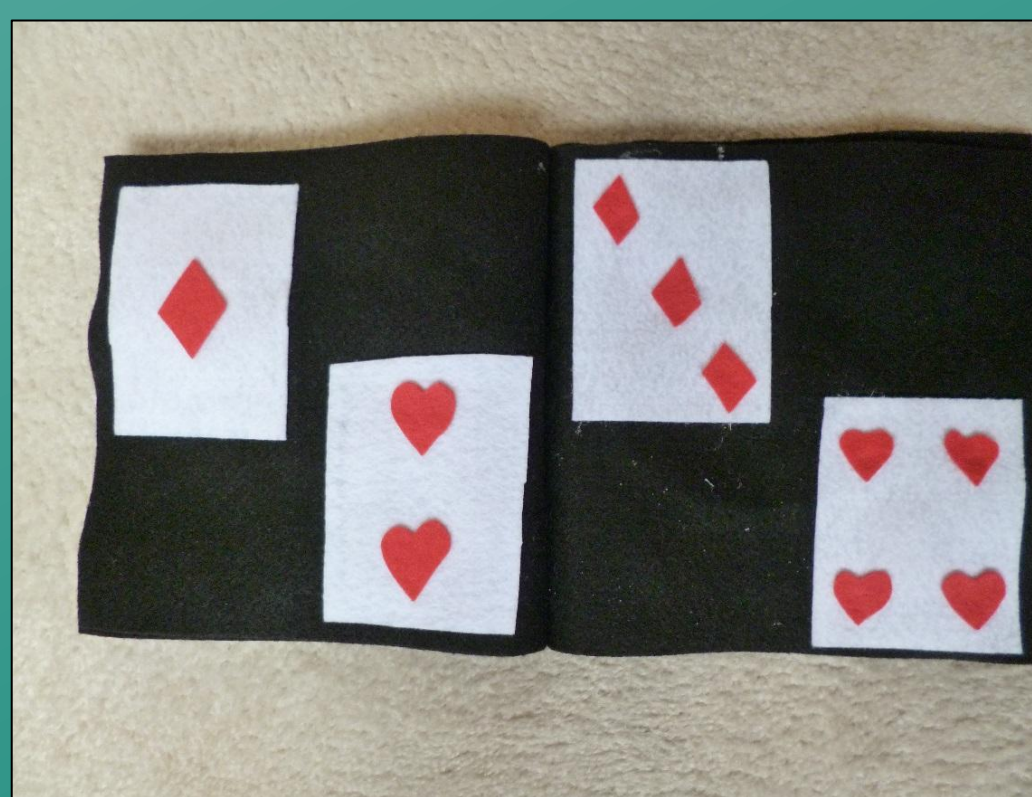
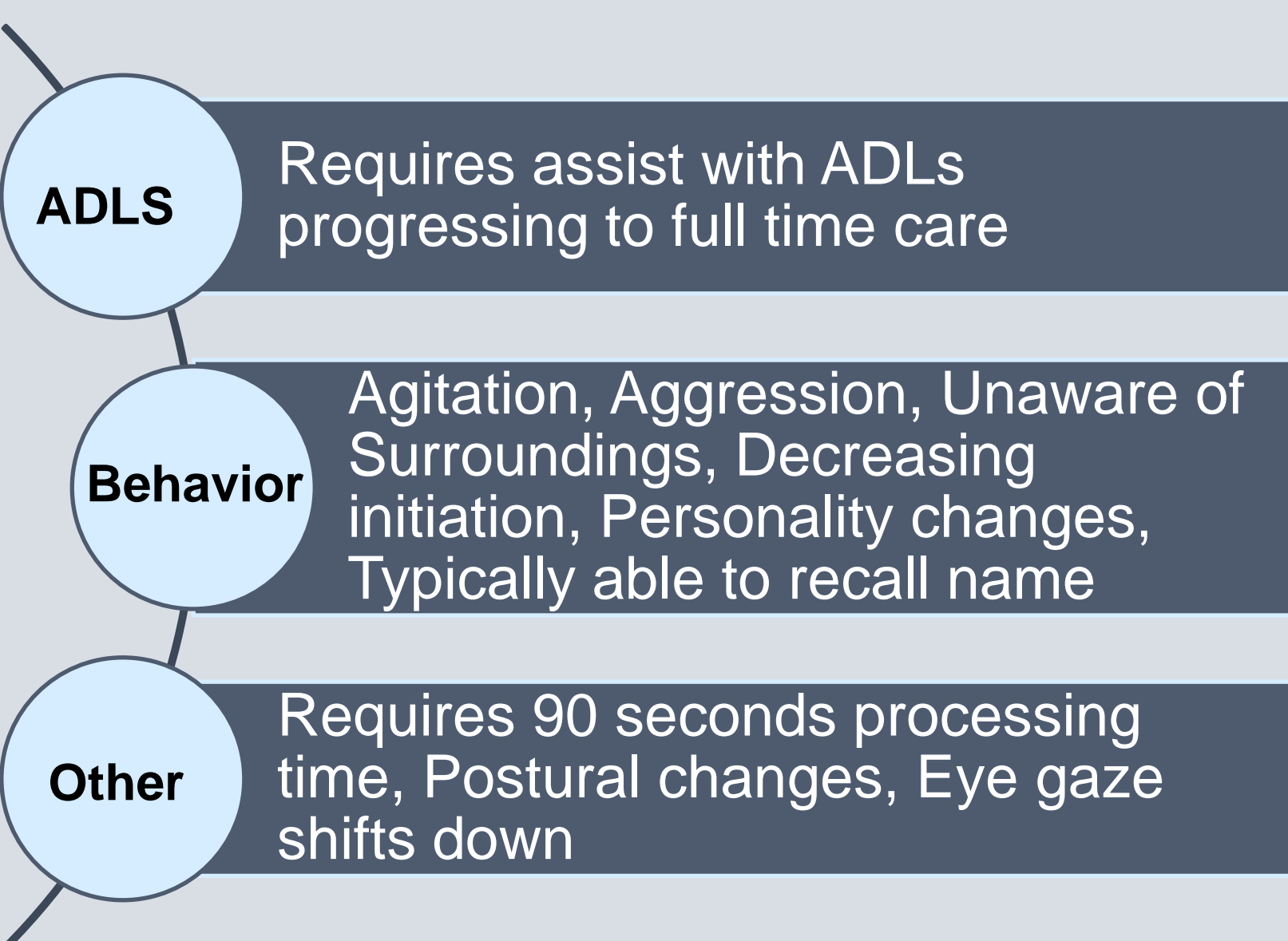
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Gitlin, L., Winter, L., Burke, J., Chemett, N., Dennis, M.P. & Hauck, W. W. (2008). Tailored activities to reduce caregiver burden: A randomized pilot study. *American Journal of Geriatric Psychiatry*, 16(3), 229-239.

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## *Stage 6 Dementia Symptoms*



## *For Inspiration:*

- Pinterest
- Etsy
- <http://quietbook.blogspot.com>