



Sandra Stimson

Pathways to the Past



By Sandra Stimson ADC, CALA, CDP
Executive Director, Alternative Solutions in Long Term Care

<http://www.activitytherapy.com>
<http://www.nccdp.org/index.htm>

ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of **National Council of Certified Dementia Practitioners**

<http://www.nccdp.org>

Alternative Solutions in Long Term Care offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.



Each Norman Rockwell print is paired with a national standards of Resident Rights and is illustrated by a picture depicting the "Resident Right."

[click here to purchase resident rights prints](#)

TimeSlips® Project- A Story Telling Project

By: Sandra Stimson CDP ADC CALA
National Council of Certified Dementia Practitioners
www.nccdp.org

Activity professionals are challenged with searching, locating, designing and implementing programs that best fit the needs of the dementia population residing in the long term care setting or attending adult day care. One program that has proven to work effective with the dementia population is reminiscing. Activity professionals for years have used all kinds of props to invoke responses. Timeslips was developed in 1998 and shifts from reminisce to encouraging residents to use their imagination and creativity. Both Timeslips and traditional reminisce programs both have a place in the long term care setting. "Developed by Anne Basting (PhD) in 1998, the TimeSlips® Project has generated hundreds of stories that are used to produce plays and art exhibits, and to rekindle the hope for human connection among people struggling with Alzheimer's disease and related dementia."

"TimeSlips® marks a fundamental shift away from focusing on memory and reminiscence, toward encouraging people with memory loss to exercise their imaginations and creativity. It provides the building blocks for effective, person-centered care. The stories that emerge capture the hopes, dreams, regrets, fears, humor, and desires of people with memory loss, and help others better understand who they are."

The Timeslips® program is easy to learn and cost effective to implement in the facility or dementia unit. Traditionally, activity professionals have found interesting pictures and held them up in front of a group or passed around a picture. Timeslips utilizes an overhead projector and transparencies. Once the activity professional has located an interesting black and white picture, the picture would be copied onto transparencies. Rather than holding up a small 8 1 / 2 by 11 picture, the over head projector allows the activity professional to transmit the picture onto a large screen or wall. This enables all residents to clearly see the picture.

The Activity professional would prepare ahead, questions to elicit responses from the group. Those answers would be written down. After or even during the program, the activity assistant would assemble a story from the resident responses. For example, a picture of a baby sitting in a kitchen sink filled with dishes is an excellent example of the type of picture that would inspire their imaginations and provoke opinions and thoughts.

Often times, activity professionals are challenged in locating vintage pictures for this program. There is a great web site to locate interesting pictures at Nostalgic Clip Art Photography from 1900 to 1950. Vintage Classic Collection web site is http://www.tssphoto.com/vint_hum/index.html

For those interested in taking the Timeslips class, can visit the web site to see the schedule of classes. However, you do not need to take this class to begin this program. They do offer a training video at <http://www.ageandcommunity.org/products.html>

This program has been implemented at many facilities with positive feed back. It's a fun and rewarding program for the activity assistant. For the resident, it is empowering, lifts their self esteem, and brings joy.

"TimeSlips is a group storytelling technique that encourages people with memory loss to exercise their imaginations and creativity." Because of this, there is a bonding experience with the group because all are using their imaginations and creativity. The great aspect about this program, especially with clients who have limited words, is that it does not really matter what correct or incorrect words they use. The point is to use their imaginations, engage their emotions and thoughts.

Source: Timeslips Project <http://www.timeslips.org/>



Books, Videos, and Resources for the Activity Departments



Find these pictures and more at Timeslips Project <http://www.timeslips.org/>

Health Care Resources
by alternative solutions

Adaptive Clothing, Books, Videos, and Resources for Long Term Care Facilities

NCCDP
National Council of
Certified Dementia Practitioner

become a certified
dementia practitioner

LTC
Products

Sensory
books
videos
resources



THE ACTIVITY DIRECTOR
*for Activity Professionals
in Long Term Care Settings*
admin@theactivitydirectorsoffice.com

Copyright 2004-Present
The Activity Director's Office
All Rights Reserved

[Disclaimer](#)