



Sandra Stimson

ALTERNATIVE SOLUTIONS

By Sandra Stimson ADC, CALA, CDP Executive Director,
[Alternative Solutions in Long Term Care](#)



VOLUNTEERS AND DEMENTIA UNITS

Many facilities have volunteers but most do not assist on the Dementia Units. Some times it's because of the stigma associated with the dementia unit. The dementia units perhaps are the one area of the community that needs the most help. We recommend that you reach out to your current volunteers and explain ways they can volunteer on the dementia unit. When recruiting new volunteers, it is recommended that you advertise the many ways volunteers can assist on the dementia unit. Some suggestions are, Friendly Visitor, Walking buddy, Reminisce Volunteer, sing a longs, spirituality, crafts and cooking volunteer, horticulture volunteer. Volunteers can also assist in the dining programs with either passing trays, tray set up and sitting with residents who need queuing to eat.

Volunteers should receive extensive training in Dementia, just like the front line staff. The volunteers need to know how to respond to difficult behaviors, repetitive questions, breaking down tasks, communication, etc. All volunteers should be introduced to any resident with a history or potential for elopement and the interventions in place should be explained to the volunteer. However, the volunteer should never be shown the resident's chart.

One great resource is a book called Best Friends and it's available through the National Alzheimer's Association web site www.alz.org

We recommend this newsletter at www.activitytherapy.com as they have a wealth of information, free resources and products for dementia. In the last newsletter they wrote about toxic plants and toxic aroma therapy that are used in sensory rooms. We recommend that every facility read their latest issues on these topics.

Upcoming Seminars:

For upcoming seminars please see www.nccdp.org and go to the calendar. The calendar is updated daily by the NCCDP approved instructors who are now nationwide. You can view the complete list of instructors at the web site and click on Instructors.

Show Your Support for Education:

For those facilities that support dementia education of their front line staff are welcome to post their support by adding their facility name to our home page. Simply email us the name of the facility and the web site to http://www.nationalccdp@aol.com

Please feel free to post this newsletter on your web site or email it to a colleague.

Best wishes,

JOIN YOUR LOCAL ORGANIZATION

We encourage all Activity and Recreation Professionals to join their local, state and national organizations. You can contact your national organizations to find the name and location of your local meetings. You do not have to be a manager or hold certifications to attend the meetings. Additionally, almost all state organizations hold a yearly convention that is open to all staff. If you have not attended the conventions and would like to go in 2006, be sure to let your supervisor know of your interest. Most Directors will encourage their staff to attend if they express a desire to do so.

Links to national associations of interest to Activity Directors:

ATRA - <http://www.atra-tr.org>

NTRS - <http://nrpa.org/content/default.aspx?documentId=530>

NAAP - <http://www.thenaap.com/>

NCCAP - <http://www.nccap.org/>

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.



BOB'S Novelty Store is back with all new original designs. Visit [Activity Director Novelties](#) by clicking on the "Smiley Face"

LINDA'S Amazon.com Store for Activity Directors

Serious Products for Serious Minded Activity Professionals



The Activity Director Community is a gathering place for LTC Activity Professionals. Feel free to express yourself and respond to submissions from other AD's. This is an important community and you need to be part of it. Membership is FREE so [Join Today](#).

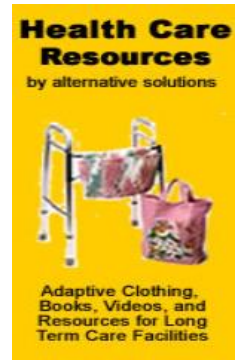
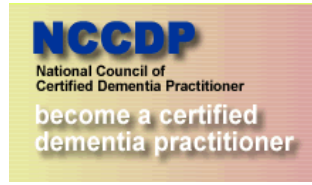
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*for Activity Professionals
in Long Term Care Settings*
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