

LIBRARY OFFERS KITS TO SUPPORT THOSE WITH DEMENTIA



HHPL photo

The Halton Hills Public Library's cognitive care kits were developed in conjunction with the Alzheimer Society of Hamilton and Halton.

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With dementia on the rise, the Halton Hills Public Library has added cognitive care kits to its roster of offerings for local residents.

The kits are designed to support the skills and abilities of individuals living with Alzheimer's or other forms of dementia. Each of the 14 unique kits contains an assortment of prepared games, puzzles, creative activities and books.

"We are pleased to offer these amazing kits that occupy the mind, encourage literacy and remove barriers to those in the community who are living with dementia and related illnesses," said community librarian Brandi Gillett.

"We encourage patrons to borrow these essential kits and use them daily as a means to stimulate and exercise the minds of our loved ones in need."

The kits were developed in conjunction with the Alzheimer Society of Hamilton and Halton, for those who have a degree of cognitive impairment due to Alzheimer's disease, dementia, Parkinson's disease, Huntington's disease and others.

Caregivers or individuals with a cognitive disorder must attend an initial information session, where kit items are explained and demonstrated. After this

session, local residents can borrow kits for three weeks without any additional requirements.

Over 500,000 Canadians are now living with dementia, says the Alzheimer Society of Canada, and that number is expected to climb closer to a million within the next 12 years.

Symptoms can include short-term memory loss, changes in behaviour, confusion, and difficulties with language. The condition may affect a person's ability to perform familiar and daily tasks.

While dementia is progressive and will get worse, there are things that can be done to improve the quality of life for people living with the condition and help slow the progression of the disease.

For more information about the cognitive care kits, visit the Georgetown or Acton branches of the library, or go to hhpl.on.ca and look under the Health and Wellness section.



By Cory Soal
R.H.A.D.

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