



### Joanne Fontaine's grandmother had Alzheimer's disease.

Joanne developed the Alzheimer's Survival Kits® following years of experience as Program Director for several Dementia Special Care Units. She calls upon on her professional knowledge in the field of dementia, and personal experience as caregiver for her grandmother, to work with the caregivers of those diagnosed with a dementing illness. She also provides educational services on Alzheimer's disease to families and professionals.



### Joanne Fontaine RN, BSN, CCM, founder of PRO-ACTIVE ELDERCARE and creator of the Alzheimer's Survival Kits®

Joanne recognized that professional and family caregivers needed a way to participate in meaningful, failure-free activities with patients and loved ones. The Alzheimer's Survival Kits® she developed are the way ~ providing a sense of purpose and well-being, and promoting positive outcomes that impact the quality of life for the people you care for and care about.

For more information,  
call Pro-Active Eldercare's  
Toll Free number: 1.866.447.0009  
or visit [www.alzheimerskits.com](http://www.alzheimerskits.com)

I purchased the Kit in lieu of flowers to be given to the nursing home in memory of a friend's father when he passed on. My friend and her Mom we so thankful. My friend said "Flowers are nice but this will go on to bring some joy into the lives of many others for a very long time." P.D. ~ Newburyport, MA



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## Alzheimer's Survival Kits®

*Meaningful*

*Activities*

*Designed for*

*the Person*

*with Memory*

*Impairment*

# How do **YOU** find the time?



## How do **THEY** fill the time?

*Whether you are a healthcare professional or a family caregiver, making time in your busy day to participate in meaningful activities with Alzheimer's patients can be difficult. Such activities are critical to their quality of life, but where ~ and how ~ do you begin?*

### **You begin by opening an Alzheimer's Survival Kit.®**

Each Alzheimer's Survival Kit® is meticulously prepared to provide structured or diversional activities and can be used in many ways. Kits are based on familiar themes or subjects and each comes with simple directions and ideas for use. The contents of the Kit creates the opportunity to reminisce ~ to participate in meaningful and failure-free activities ~ to provide a joyful and stimulating experience for anyone with Alzheimer's or dementia-related diseases.

Equally important, the Kits provide caregivers with the opportunity for respite

and reflection, to share and enjoy an activity, and to create a peaceful diversion for those with challenging behaviors such as wandering, agitation, anxiety, shadowing and repetitiveness.

### **Alzheimer's Survival Kits®**

Kits have been developed to reflect a variety of life experiences. Here are just a few of the themes that are available:

- GARDENING/FLOWERS
- BABIES/CHILDCARE
- OCEAN/SEASHORE
- SEWING/QUILTING
- MEN
- SENSORY
- ANIMALS/BIRDS
- COOKING/KITCHEN
- SORTING/COUNTING
- SEASONS
- WOMEN
- SPIRITUAL

Customized Kits can be developed to reflect individuals' hobbies, careers, interests, or special times in their lives. A Doctor's Kit, a Tool Kit, a Secretary's Kit...**just let us know.**



### **What's Inside**

Open the Autumn Kit. Inside the box decorated in the colors of fall you'll find simple story books, colorful leaves, and fabric squares for sorting and reminiscing. You'll also find a video to watch during quiet times.



Reminders of the first day of school, Thanksgiving, and Halloween are in the Kit, as are tiny apple baskets, soft stuffed scarecrows or friendly ghosts, and several greeting cards to promote conversation.

Included in each box is a laminated instruction guide for the caregiver, offering keys to successful activities, recommendations for use, and ideas for adding items to the Kit. There are also suggestions for other activities in which to participate that will be meaningful for both the caregiver and the cared for.

"We have used the Kits on many occasions and found that they are helpful in redirecting residents as well as calming them."

*S. O. ~ West Roxbury, MA*

"The residents and staff loved the Kits! They are a wonderful tool." *H.H. ~ Northbridge, MA*

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