



# Read a Bit! Talk a Bit! Car: Alzheimer's Dementia activity book (Volume 19)

*Gunilla Denton-Cook*

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Read a Bit! Talk a Bit! is a series of reading activity books intended for people with dementia and/or Alzheimer's disease. The books start with a short article for the group to read, followed by a number of questions for the group leader to ask and engage the participants in conversation to encourage personal and meaningful reminiscences to flow. All the reading pages are in large type, and the text is only on one page per spread in order to help the individual to concentrate on the text and to minimise the constraints of visual impairment. Memories recalled from earlier in life are often very therapeutic for all and especially for people with memory impairment. –These questions are formulated to create meaningful engagement with the past. Remembering increases self esteem and a feeling of positive worth as the participants recall personal experiences. This series of books successfully achieve this thanks to the range of familiar topics and questions to prompt and encourage discussions.

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