

## New Dementia Activity Book Provides Meaningful Engagement for Patients and Support for Caregivers at Community Hospitals.

A new resource is now available to help support dementia patients and their caregivers within the community. The recently released '5-in-1 Dementia Activity Workbook - Volume One' is designed to offer engaging, easy-to-use activities that bring comfort, spark memories, and support cognitive stimulation. Tailored to meet the unique needs of individuals living with dementia, this book brings a fresh approach to activity planning in hospital settings.

The activity book includes a range of activities, from simple memory prompts and conversation starters to word games & reminiscence activities, all thoughtfully created to encourage meaningful moments of connection. With clear instructions, eye-catching designs and dementia-friendly layouts, this book is accessible to all and can be easily integrated into daily routines by hospital caregivers & family members.

*"Caregivers at community hospitals play an invaluable role in supporting dementia patients, often facing the challenge of finding new ways to keep patients engaged and calm,"* says Zoe Francis, My Music Works, Founder and explains why the activity book was developed; *"This book was designed to provide caregivers with low-preparation activities that not only help stimulate cognitive functions but also foster positive connections through shared moments."*

Key features of '5-in-1 Dementia Activity Workbook - Volume One' include:



- **Cognitive Stimulation:** Activities designed to spark memories and support mental engagement.
- **Caregiver-Friendly Format:** Each page offers simple instructions, making it easy to implement during busy care routines.
- **Personalised Reflection:** Space for caregivers to document patient responses, helping track positive interactions and memories.

The book has already received positive feedback from professionals, who appreciate the ease of use and the book's ability to encourage gentle interactions with patients.

**"The resources Zoe has developed are great for dementia patients and their care givers. They are easy and fun to use and look great"**, shares Katy Kuiper, Therapy Team Lead at Pershore Community Hospital.

***"Zoe is working with our community hospital, creating a bespoke activity group that promotes activity, socialisation, reminiscence and fun, all of which is essential for our patients to be healthy and happy."***

The '5-in-1 Dementia Activity Workbook - Volume One' is now available for purchase and would be a valuable addition to community hospitals, nursing care facilities, and home care environments alike.

For more information please contact Zoe directly on [info@mymusicworks.co.uk](mailto:info@mymusicworks.co.uk) and [www.mymusicworks.co.uk](http://www.mymusicworks.co.uk)

### About the Author

Zoe Francis is a passionate advocate for dementia support, with a mission to enhance quality of life for individuals living with dementia and those who care for them. With a background in care-giving, companionship Services, Special Educational Needs, and Cognitive Stimulation Therapy, Zoe has seen firsthand the challenges caregivers face in providing engaging and meaningful activities. This experience inspired the creation of dementia-friendly resources, including the *5-in-1 Dementia Activity Workbook*, designed to foster moments of connection, comfort, and joy. Committed to making a positive impact, Zoe combines professional insight with empathy in each resource developed, aiming to ease the caregiving journey and bring support to community hospitals, care & community settings, and family caregivers alike. Through her work, Zoe hopes to create tools that not only stimulate cognitive functions but also provide encouragement, engagement, and a sense of purpose for both caregivers and those they support, making every interaction meaningful.

