

## About Memory Minders Kits for Caregivers

**Memory Minders Kits for Caregivers** are specially created for those who are caring for people experiencing memory loss.

The materials in these Kits are specifically selected to **spark memories, create conversation and provide positive and engaging interactions** between people with Alzheimer's and Dementia and their care partners.

Each **Memory Minders Kit** is unique and features a variety of materials. Kits are available in three activity levels: High, Middle and Low.



### **\*NEW!\***

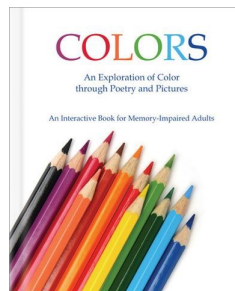
Kits are now available for **Lewy Body Dementia** caregivers and for helping **Children** understand dementia.

The **Memory Minders Kits** are available at Ramsey County Library. Visit [www.rclreads.org](http://www.rclreads.org) or call 651-724-6001 for more information.

## Memory Minders Kits Contain:

- **A Caregiver's Guide to Dementia** by Laura Gitlin, which provides activities and techniques to assist with the behavioral symptoms of dementia.

- A **book** with colorful illustrations specifically created to engage conversation with those with memory loss.



- An **interactive activity** for use with those with memory loss (such as puzzles, games, conversation cards or art activities).
- A **cd** with music to soothe and spark memory or an informational or calming **dvd**.
- Book lists and tip sheets for care partners.

## Which Kit Should I Choose?

The **Memory Minders Kits** are divided into three Activity Levels: High, Middle and Low.

### **High Activity Level (Early Stage Dementia):**

- Dresses self with occasional errors; needs help with details
- Understands the goal of the task; uses what is seen as cues for what to do
- Needs periodic cueing

### **Middle Activity Level (Middle Stage Dementia):**

- Dresses with help for the basic steps and details
- Doesn't understand the goal but has some awareness of task steps
- Needs step by step cuing

### **Low Activity Level (Late Stage Dementia):**

- Needs physical help with all the steps
- Doesn't understand the purpose or task steps
- Caregiver physical assist; hand over hand



*Activity Level descriptions  
courtesy of Mindstart*

[www.mindstart.com](http://www.mindstart.com)

### **Memory Minder Kits are also available for:**

- **Lewy Body Dementia** - Kits specific to for LBD. Funding provided by UCare.
- **Children** - Kits help children understand loved ones with Alzheimer's & Dementia.

## More Information

### Checking Out:

- Memory Minder Kits can be checked out for three weeks.
- Kits are renewable.



### Checking In:

- Kits may be returned to the desk of any branch of Ramsey County Library.
- Please bring kits to the Circulation Desk for check in. (No book drop returns, please.)

### Requests:

- Kits may be requested on our catalog.
- If you would like a particular Kit or activity, please ask a librarian for assistance.

### Overdues:

- Overdue charges for Kits are \$0.30 per day, up to a limit of \$15.00.

### Replacement Costs:

- Replacement cost for an entire Kit is \$50.00.

### Need More Info?

Contact Carol Jackson,  
Shoreview Library Manager, at  
carol.l.jackson@co.ramsey.mn.us  
or 651-724-6090.

## Memory Minders Kit 2017-2018

### Premier Sponsors:

#### Cherrywood Pointe:

[cherrywoodpointe.com](http://cherrywoodpointe.com)

#### Lyngblomsten:

[lyngblomsten.org](http://lyngblomsten.org)

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[sunriseseniorliving.com](http://sunriseseniorliving.com)

#### New Perspectives Senior Living

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#### Friends of Ramsey County Libraries

[rclfriends.org](http://rclfriends.org)

#### Rsvl A/D

[cityofroseville.com/dementiainfo](http://cityofroseville.com/dementiainfo)

## Memory Minders Kit

These kits are made possible through the generous sponsorship of the following organizations:



## Memory Minders Kit 2018

### Additional Sponsors:

#### UCare

[home.ucare.org](http://home.ucare.org)

#### Arthur's Residential Care

[arthursresidentialcare.com](http://arthursresidentialcare.com)

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# Memory Minders Kits for Caregivers of those with Alzheimer's, Dementia, or Memory Loss

