

HEARTHSTONE BOOK CLUB STORIES

Keeping people with memory challenges happy and engaged!



During these challenging times, many resources are not available to people who care for a loved one at home. Day Programs, Senior Centers and Council on Aging locations have been closed; Memory Cafes have been suspended; support groups have been cancelled. While this is surely the right thing to do to, it leaves home-bound care givers with an even greater burden and many hours to fill with someone who can

present challenges to engage. This is especially true for those caring for a loved one living with Alzheimer's or dementia

To help ease this challenge, Hearthstone is making available for free to all a selection of our **Hearthside Book Club®** stories – evidence-based, engaging, adult appropriate books designed for people living with cognitive challenges. Each was created and field-tested through a grant from the National Institutes of Health by the **Hearthstone Research Team**.

Click on the photo above or one of the **[HEARTHSTONE BOOK CLUB STORIES](#)** links to gain access to the free books, including listen-along audio versions. Each story also includes an “idea sheet” with suggestions for expanding the activity. Please share the links with anyone you know who might find these tools useful.

The beauty of these materials is that they can be used to engage groups or one-on-one and are designed to be easy to use without formal training. **[HEARTHSTONE BOOK CLUB STORIES](#)** offer a sure-fire way to support family members struggling to figure out “what to do together” with a loved one living with dementia at home; as well as support staff in congregate settings spending more intense time with residents than usual; and to support people who are just bored.

Click on this link – **[HEARTHSTONE BOOK CLUB STORIES](#)** to get the free downloads, including the listen-along audio versions.