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The Inside Scoop on Informed Choice

**A Step-by-Step Guide for Personalizing Diets in Long-Term Care**

**By Diane Hall, RD, LD, NHA**

As a dining-services provider, you can support a person’s right to make personal food choices while also meeting regulatory guidelines with this guide to creating person-centered meal plans in long-term care settings. This user-friendly resource is filled with pragmatic tips and guidelines as well as time-saving forms for planning and delivering individualized meals to meet dining preferences. Written in a novel storytelling format, *The Inside Scoop* debunks common myths and misinformation about special diets, restricted diets, doctor’s orders, and federal regulations, and it provides the tools and explanations you need to transform your food services.

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How to Create and Implement a Comprehensive Orientation Program

By Janine Lange, M.S.N., R.N.-B.C.

Do you have a plan to address staff retention at your organization? Staff-educator Janine Lange shares her proven approach in this step-by-step guide, recognized for excellence by the American Journal of Nursing’s Book of the Year awards. Implement this effective orientation program in your own person-centered care environment and benefit from the results of improved care, reduced expenses, and enhanced operational efficiencies.

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By G. Allen Power, M.D.

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More than a guide to art projects, this easy-to-use manual helps you use art as a tool to facilitate communication and engagement with a person with dementia. Sample projects are demonstrated with colorful, step-by-step instructions using a failure-free approach. Learn simple and powerful ways to create fun and fulfilling interactions, break down tasks, and problem solve in ways that positively encourage each participant’s abilities. No art background required!

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A Planning and Intervention Guide
By Ellen Bikoff-Phipps, CTRS, MSG, and Barbara A. Braddock, Ph.D., CCC-SLP

Enjoy the benefits and reduced stress that come from reconnecting people with dementia to lifelong activities they love. Using a strength-based approach, this guide shows step by step how to design meaningful, individualized activities that can be performed by a person with memory loss as independently as possible. Helpful assessment and implementation tools guide your efforts to identify a person’s optimal leisure activities and then tailor them to current skill levels. The resulting activity plans will effectively promote the well-being and self-identity of each person with memory loss.

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Spaced Retrieval (SR) is a proven memory-training strategy that allows people with memory loss to learn and store important information so that, with practice, it can be easily accessed and retrieved. This book teaches the innovative process of SR in easy-to-follow steps so you can better assist people in learning the critical steps needed to improve independence, safety, and quality of life. For use by speech-language pathologists, occupational and physical therapists, home care professionals, and family members at all levels of care.

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Use this evidence-based toolkit, developed under federal scientific funding, to assess and adapt personal and public spaces for people with dementia to help meet their individual needs, maximize their functioning, and increase their independence.

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Produced by Alzheimer’s North Carolina

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By Vicki de Klerk-Rubin, R.N., M.B.A.

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