Background

- An estimated 5.2 million Americans of all ages have Alzheimer’s disease (2014)
- Pharmacological treatments for dementia are limited and have a variety of side effects
- Increased focus on Psychosocial interventions
- **Reminiscence Therapy** (recall of the past in an enjoyable and informative way) is the most popular intervention with focus on intact early memories and based on personal interests
- Brings to forefront preserved abilities rather than their impairments
Program Background

- Pilot program to address the needs of persons with early stage dementia launched in 2011
- Cardinals Reminiscence League (CRL) sponsored by Alzheimer’s Association, St. Louis Veteran’s Association Medical Center and St. Louis Cardinals baseball club
- Expanded in 2012 to include multiple nursing homes
Program Purpose

- Improve functioning and quality of life in older persons with dementia
- Expected Outcomes:
  - Enhanced mood – less angry, anxious, sad
  - Retaining communication skills
  - Strengthening sense of social engagement – more alert and confident
  - Caregivers develop a more positive view of patient, more likely to engage in meaningful discussion
CRL Model

- Goal is to serve as many as 10-20 people with dementia and their care partners (max of 40 individuals total) for 1.5 hours per month.
- Alzheimer’s Association trains program volunteers, screens participants and oversees implementation of the program.
- Program volunteers (one for every 4-5 individuals) assist setting up room, greeting participants, refreshments, etc.
Rituals help build cohesion, familiarity and a sense of comfort

- Begin with the singing of the “National Anthem”
- Sing “Take Me Out to the Ballgame” before the 7th inning stretch (restroom/snack break)
- Music from that era invoke pleasant memories of past
- Capitalize on using senses of taste and smell – hot dogs, Cracker Jack, etc.
CRL Model, cont.

- Coaches facilitate discussion using memorabilia and other sensory prompts to stimulate conversations of past experiences
  - Memorabilia
  - Sports photos
  - Audio and video clips
  - Speakers
  - Baseball themed door prizes
Reminiscence League video

Discussion

Thank you for your interest!