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Meet the Authors

Marge Engleman

PhD, BA, MA, MS
Expand Your Mind Cards,
Mental Fitness Cards, Your Amazing
Brain, and Whole Brain Workouts,
Mental Fitness Instructor's Guide



Kari Berit Ms The Unexpected Caregiver, Mental Fitness Instructor's Guide

Lyn Geboy
PhD
Person-Centered Care in Practice
Product Line





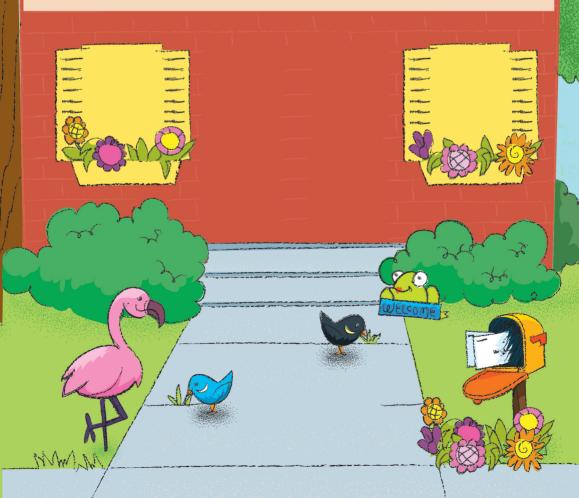
Beth Meyer-Arnold RN, MS Person-Centered Care in Practice Product Line







Lynn Steffes PT, DPT Refresh!



Categories Overview



Team Training Professional Resources Memory

Mental Fitness

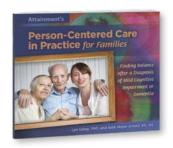
Communication



www.AttainmentCompany.com

Person-Centered Care in Practice

Person-Centered Care in Practice for Families



Respecting the Person

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consumment to bring person and houses, rese when the gridge
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Valuing the Person

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that the person of the

What if someone you love has been diagnosed with mild cognitive impairment or dementia—now what? What does that mean? What can you do? What sort of future is in store for you?

Person-Centered Care in Practice for Families has the information you need about mild cognitive impairment and dementia, ideas for things you can do now to keep your brain and body as healthy as possible, practical strategies for managing the changes ahead, and suggestions for staying in control of your life. Making the most of life with mild cognitive impairment or dementia requires you to think differently about yourself, your family and friends, and the person at the center of it all.

Person-Centered Care in Practice for Families is for you. When a family member is living with mild cognitive impairment or dementia, the whole family should be prepared and ready to experience new responsibilities, situations, and emotions. This book is designed to help families and care partners better understand and handle the life changes that happen when a loved one is diagnosed with mild cognitive impairment or dementia.



Person-Centered Care in Practice: Tools for Transformation Book

Based on the authors' 10-year partnership of research and real-world experience, this book guides you through the essentials so you can manage a facility-wide implementation: create and sustain real change, assess your progress, and stay on track. Realistic strategies and illustrated examples help you focus on what's necessary in your facility for a successful transformation. The Toolkit makes it happen with 24 reproducible resources, like the Plan of Care Guide, Interactions Training Worksheet, and Place Experience Assessment. The Book includes a CD with both PDF and customizable Word versions of the documents in the Toolkit, plus a Facility-Wide license for printouts.



Info@AttainmentCompany.com

Person-Centered Care in Practice Package

Modeling Person-Centered Care in Practice DVD

Created for professional caregivers and family care partners, this DVD features people with dementia as they go about their days, and shows professional caregivers in action. Training your administration and staff in person-centered care is easier when they can see and hear the difference for

themselves. Family members will appreciate seeing caring and

creative ways for understanding and coping with the behaviors of their loved ones. This training tool demonstrates a variety of simple, common-sense techniques for building relationships, as well as imaginative and innovative approaches for preventing and defusing challenging behaviors through engagement. DVD, 23 min.,



Great for new

Building relationships



Staying engaged



Maintaining independence



Developing social confidence

A Systems Approach to Change

CC, SDH subtitles, 2013.

Person-centered care is a promising model to achieve a culture change throughout your long-term care setting. The Person-Centered Care in Practice Package guides you, step by step, through the transition process to a system-wide model of care. The Package consists of three complementary components: Person-Centered Care in Practice: Tools for Transformation Book, Person-Centered Care in Practice for Families Book, and Modeling Person-Centered Care in Practice DVD. Together they give you the background knowledge, implementation tools, and training resources to successfully transform your organization.

Person-Centered Performance Indicators

n-Centered Care

n Practice

- Engagement (participant behavior)
- ✓ Interaction (staff behavior)
- Personal Detractors
- Partner Record
- Person-Centered Plan of Care
- Person-Centered Plan of Care Review
- Self-EvaluationPerformance Appraisal
- Performance Evaluation



Person-Centered Care in Practice Package

Includes Book, DVD, and 2 Books for Families

PCC-10G \$199.00

Also available separately:

Person-Centered Care Book PCC-02G \$129.00 Person-Centered Care DVD PCC-06G \$99.00

Person-Centered Care for Families Book

PCC-F02G \$19.00

10 Person-Centered Care For Families Books PCC-F10G \$149.00

Refresh!

Refresh! Life Re-Energized

This is a health and fitness program for older adults who have a loss of functional ability. The goal of the program is improved health outcomes that allow older adults to remain in their own homes. With its four key concepts of **Involve, Inform, Invigorate,** and **Inspire,** the program addresses not just physical exercise, but the building blocks for improved physical health and brain health.

Socialization, moderate exercise, and ongoing skill acquisition have all been shown to be important factors in building and maintaining brain health. The exercise program was specially designed to build strength, flexibility, balance, and endurance. The educational component of the program includes wellness information for both the participants and their family caregivers.

Program includes

- Refresh Life-Re-Energized manual
- Invigorate exercise routine
- ✓ 10 sets of 16 Action Cards
- ✓ 18" x 24" Poster
- PDFs of Handouts, Progress and Attendance Trackers, and Progress Cards
- Training Presentation

Progress and Attendance Trackers

		Week 1	Week B	Change	Week 16	Total Change
	Date					
Short Physical Performance Battery						
Side-by-Side Stand	0-1	0			1	1
Semi-Tandem Stand	0-1	0			1	1
Tandem Stand	0-2	0	0	0	0	0
Falled Code	1-7	1	1		1	
Total Salance		0	0	0	2	2
4 m Galt Speed	0-4	1	1	0	2	1
Folled Code	1-7					
Repeated Chair Stand	0-4	0		0	1	1
Falled Code	1-7	2	1			
Total		1	1	0	5	4
Additional Measures						
Perceived Exertion	0-10	ă	- 4	50%	4	50%
Arm Strength Test	reps	5	7	40%	9	80%
Back Scratch Test-Left	cm	10		20%	6	40%
Back Scratch Test—Right	cm	9	7	22%	- 5	44%
Chair Sit Reach Test	cm	12	9	25%	8	23%



Handouts

ATTAINMENT & EASTER SEALS

Life Re-Energized

Refresh!

Evidence Informed

- Exercises adapted from an evidence based exercise model
- Program elements supported by US Department of Health and Human Services as well as adult education theory
- Piloted with groups across the US with positive results
- Turn-key program ready for dissemination and implementation by community-based organizations
- Designed to be led by direct service staff
- Helpful information for participants and their family caregivers alike



Refresh!

Refresh!

Life Re-Energized

Refresh! Life Re-Energized

It is designed to be led by direct service staff who need not be licensed healthcare providers, making it accessible in a wide variety of programs and settings. Plug in the step-by-step training to learn more details about Refresh.

programming in adult day programs, senior



5

Mental Fitness

Sharpen Your Senses Cards

These activity cards are the perfect tool for using the senses to keep the brain active! Great for large or small adult groups of all ages, or for individuals seeking to improve mental fitness. (Pg. 8).

Sharpen Your Senses Through Travel Across the U.S. Cards

These cards will help older adults use their five senses as they learn about the world around them everyday. They encourage thought and conversation among older adults, including those with early memory loss. (*Pg. 8*).

Mental Fitness Cards

100 cards give quick and easy access to a wide variety of stimulating exercises. (Pg. 7).

Thinking Cards

Designed to accommodate users with mild cognitive impairment or early Alzheimer's Disease. These cards use simpler language with larger print and colorful photos to stimulate conversation. (Pq. 7).

Expand Your Mind Cards

100 cards that stimulate creativity, enhance memory, and exercise the brain. Ideal for individuals, small groups, or larger groups wanting to expand their minds. (See website).

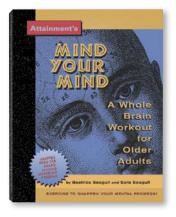


Easy Hard





Professional version includes PDF on CD



Mind Your Mind

Beatrice Seagull, Professor Emeritus, has created Mind Your Mind workouts for the active, capable older adult who wants to stay that way! Dr. Seagull fine-tuned the exercises through years of experience presenting Mind Your Mind workshops. Workouts are designed to stimulate the whole brain and encompass nine cognitive skill areas. Includes over 100 exercises, mostly in worksheet format, plus useful background information, practical tips, and encouraging advice. Winner of American Society on Aging's MindAlert Award!

A Professional version gives photocopy rights and a PDF on CD for quick printouts. Great for group work! Covered spiralbound book, 220 pgs.

Mind Your Mind MYM-01G \$39.00 Mind Your Mind, Professional MYM-02G \$69.00

Cognitive Skills

- Metacognition
- ✓ Language Use
- Memory
- Reasoning
- Flexible Thinking
- Number Use
- Perception

Mental Fitness Program

This contemporary program features an Instructor's Guide with reproducible handouts, an engaging DVD to add energy and fun to your groups, and two Card Sets to accommodate participants of varying cognitive abilities. These components work together seamlessly to help you successfully manage mental fitness groups for older adults.

Mental Fitness Instructor's Guide presents eight themed sections, like Brainstorming and Stimulating Your Imagination, each with multiple activities. These goal oriented, step-by-step activities include cognitive adaptations, discussion suggestions, and all the handouts you need.

Mental Fitness DVD features stimulating and enjoyable exercises. The 24 video segments use a play and pause format to encourage viewer participation. The actors are a dynamic twosome, full of fun and energy—with a little sex appeal!

The 100 **Mental Fitness Cards** give quick and easy access to a wide variety of stimulating exercises. Organized into 12 categories, like Puzzles, Seeing, and Problem Solving.

Thinking Cards are based on the Mental Fitness Cards, but designed to accommodate users with mild cognitive impairment or early Alzheimer's Disease. These cards use simpler language with larger print and colorful photos to stimulate conversation.

\$99.00

Mental Fitness Program

Also available separately:

MF-12G

Mental Fitness Guide MF-02G \$49.00 Mental Fitness DVD MF-06G \$59.00 Mental Fitness Cards AM-01G \$29.00 Thinking Cards TC-01G \$29.00





Strengthen Your Mind



Strengthen Your Mind

Thinking about creating a memory enhancement course? This package will get you started. The Strengthen Your Mind Program includes complete lesson plans for 12 engaging topics. Strengthen Your Mind: Volumes One and Two include over 150 activities which allow you to run a course from 3 months to 1 year. Softbound books by Kristin Einberger and Janelle Sellick.

The easy-to-use **Sharpen Your Senses Cards** complete the curriculum.

Sharpen Your Senses Cards

Sharpen Your Senses Cards concentrate on the five senses. Users imagine, reminisce, evaluate, guess, and describe their responses to each question. These activity cards are the perfect tool for using the senses to keep the brain active! Great for large or small adult groups of all ages, or for individuals seeking to improve mental fitness. Facilitator's booklet gives suggestions and additional activities.

Developed by author and memory loss specialist Kristin Einberger. Boxed set includes 120 laminated 4" x 6" cards in six categories, instructions, and facilitator's booklet.





Sharpen Your Senses Cards Through Travel Across the U.S.

We use our senses to bring back memories of times gone by. These cards will do just that—

- by using travel throughout the United States as a vehicle to reflect on certain events from earlier times in our lives.
- by using different places we have lived and/or visited to trigger memories, and
- by using observations of how others live throughout the U.S. as a way to stimulate conversation.

These cards are designed to encourage thought and conversation among older adults, including those with early memory loss, but may actually be used effectively for a much wider audience.

The cards have been field-tested successfully with a variety of different groups as well as individuals.

Strengthen Your Mind Package

Includes all products shown above!

HP-P05G \$179.00

Also available separately:

Sharpen Your Senses Cards SYS-01G \$29.00 SYS Through Travel Across U.S. Cards SYS-02G \$39.00 Strengthen Your Mind 2 Book Set HP-05G \$79.00 Strengthen Your Mind Program HP-P01G \$45.00

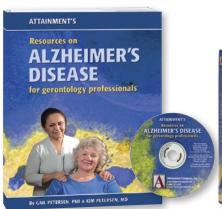
Dementia Care

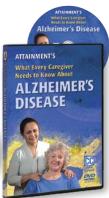
Dementia Caregivers' Training Package

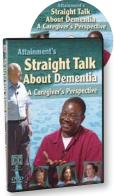
Resources on Alzheimer's Disease manual contains critical information, valuable assessment tools, and an inservice handout on Alzheimer's disease that complements the DVDs. Includes a PDF on CD for easy printouts.

Alzheimer's Disease DVD is a video-based teaching tool for professional caregivers. It has four sections: Mild Cognitive Impairment, Early, Moderate, and Severe Cognitive Disability. Physical changes in the brain, cognitive capabilities, and behavioral manifestations are covered. The program includes real family profiles, actors portraying common dementia behaviors, and interviews with caregivers.

Straight Talk About Dementia DVD features a series of interviews organized by topic, so you hear the straight stories directly from those who struggle with caregiving issues every day. Topics include: Ethical caregiving, enhancing communication, encouraging compliance, daily living activities, fundamentals like eating and bathing, and caregiver health. Interviews were compiled in the homes and offices of actual caregivers and form an easy-to-follow narrative, ideal for both support groups and training programs. Winner, CINE Golden Eagle Award.





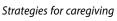




Great for new and experienced caregivers!

This package features two staff training DVDs (Alzheimer's Disease and Straight Talk About Dementia) and a manual with reproducible handouts that reinforce the videos. A complete training program for new and experienced caregivers. The Alzheimer's Disease manual and DVD were created by Drs. Kim and Gail Petersen, from their work with dementia patients and their families for over 25 years. Straight Talk About Dementia is a winner of the CINE Golden Eagle Award.







Real families

Dementia Caregivers' Training Package

Includes all products shown above!

DT-10G \$139.00

Also available separately:

Alzheimer's Disease Manual AZ-01G \$39.00 Alzheimer's Disease DVD AZ-06G \$79.00

Straight Talk About Dementia DVD

SD-06G \$59.00

Team Training/Brainstorming

Brainstorming Solutions for Dementia Care

Training game for professional caregivers

This engaging game provides your staff with friendly team competition in a fast-paced, interactive, and collaborative environment. It's designed for anyone who provides care for persons living with dementia.

Team members select cards from five categories: Fact, Challenge, Activity, Wild, and Crisis. Together players brainstorm solutions for person-centered care. It's a great way for care partners to create innovative solutions!

Brainstorming Solutions for Dementia Care was created by Drs. Kim and Gail Petersen, well-respected dementia educators. They use real-life examples to help caregivers develop a variety of strategies. Boxed game includes laminated 24" square board, instructions, 120 game cards, dice, timer, and butterfly pawns.

Brainstorming Solutions for Dementia Care BST-02G

Brainstorming Solutions

is perfect for building a team of care partners working in:

- Long-term care
- Assisted living
- Adult day centers
- Memory care homes
- Agencies on aging

Discussion Topics

- Dementia facts
- Challenges
- Activities
- Crisis management
- Person-centered solutions



\$69.00









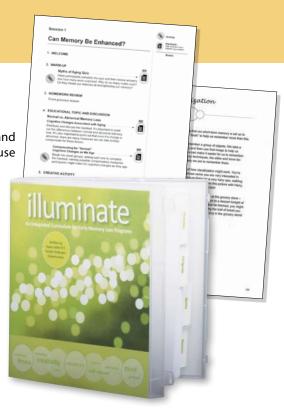


illuminate

A comprehensive curriculum for early memory loss

All illuminate activities have been field tested and each is designed to encourage participants to use their brain in novel ways. Facilitators can easily adapt the 50 agendas and activities to meet the diverse needs of a particular group. Samples of 25 topics include memory enhancement, brain dominance, optimism, stress and relaxation, remembering names, and self-esteem. Sessions follow a similar format: warm-up, homework review, topic discussion, creativity, physical fitness, mental fitness, and homework. An excellent tool for professionals in memory loss programs. By Dawn Adler, Kristen Einberger, and Victoria Haas.

illuminate UWM-03G \$89.00





TimeSlips™ Creativity Journal Creative Storytelling

When memory loss separates individuals from their loved ones, Time *Slips* invites them to shift . . . from memory to imagination!

Time Slips is an international leader in providing tools for meaningful engagement in long-term care settings. This new Creativity Journal was designed for one-on-one use with people with memory loss.

The journal provides instructions on how to build relationships by engaging in the art of storytelling. Included are 10 inspirational images, sample open-ended questions, and blank pages to record stories. Ten matching postcards offer the opportunity to share favorite lines with friends or family. Covered spiralbound book, 64 pgs., with perforated postcards, by Ann Davis Basting.

TimeSlips Creativity Journal TIM-02G \$24.00 10 TimeSlips Creativity Journals TIM-10G \$199.00

TimeSlips™ helps people with dementia—

- Engage in conversation and storytelling
- Replaces the pressure to remember with the freedom to imagine
- Enables a positive and creative one-to-one relationship with people with memory loss



The Unexpected Caregiver

How to keep Mom & Dad Active, Safe, and Independent —and Yourself S.A.N.E.™

The new and expanded edition of The Unexpected Caregiver is chock-full of additional material targeted to the specific needs of adult children in their role as caregivers. As a caregiver you must keep yourself S.A.N.E.—Supported, Appreciated, Not guilty, and Energized. The how-to dynamics of caregiving relationships between adult children and their aging parents have been a mystery, but Kari Berit unravels the mystery with insightful caregiving solutions and helpful suggestions in her updated book.

Even if you have reached a critical point in the caregiving process, The Unexpected Caregiver teaches both family and professional caregivers to recognize and set the crucial boundaries and limits needed to maintain their own health.

In her upbeat and story-filled manner, Kari Berit addresses the issues of cumulative stress and strain on caregiving adults, and provides you with numerous creative ways to engage your parents in the caregiving process.

The Unexpected Caregiver is organized by themes: The challenges of family caregiving; mental, emotional, and physical health; parent-directed activities; finding creative outlets; end-of-life issues; and dealing with complex family relationships. By Kari Berit, MS. Softbound book.

The Unexpected Caregiver

UN-02G

\$25.00

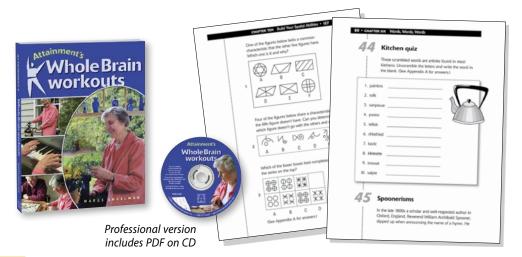


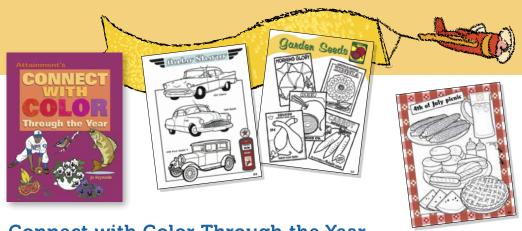
Whole Brain Workouts

Thought-provoking workouts

Dr. Marge Engelman's Whole Brain Workouts, based on current research, features 125 fun and thought-provoking workouts to keep older adults alert and mentally healthy. Activities range from knock-knock jokes to brain teasers to puzzles and visual illusions. Whole Brain Workouts is great for individuals or professionals. Includes a mental fitness evaluation and workout planner. Professional version gives photocopy rights and a PDF on CD for quick printouts. Softbound book, 180 pgs.

Whole Brain Workouts, Professional WB-07G \$59.00 Whole Brain Workouts WB-02G \$25.00





Connect with Color Through the Year A coloring book with a twist

Research shows coloring generates wellness and stimulates brain areas related to motor skills, the senses and creativity! Single-sided pages easily tear out for coloring or displaying finished artwork. Softcover book with 36 coloring pages, includes small completed versions as examples.

Connect with Color Through the Year GC-02G \$9.00 10 books GC-10G \$79.00

Your Amazing Brain Learn about the mind and its functions

Easy-to-follow text with full-color photos and illustrations help you understand what your brain does every day. A must-have for waiting room areas in your building! Large, easy-to-read print. Includes glossary and resources. By Marge Engelman, PhD. Softcover book, 36 pgs.

Your Amazing Brain AB-02G \$6.00 12 Your Amazing Brain books AB-12G \$59.00





YOUR AMAZING BRAIN

Attainment's



Connections and Reflections

Author Karen Altpeter's intention is to help people who comprehend much better when connections are made to a bigger picture. Connections and Reflections presents 12 thematic photographs and personal essays linked to history, philosophy, art, literature, and poetry. These short, beautifully written nonfiction stories include questions for discussion or reflection. Softcover book, 112 pgs.

Connections and Reflections CR-02G \$9.00

5 books CR-05G \$39.00

GoTalks



GoTalk NOW

A full-featured, easy-to-use communication app for the iPad





Arrange hotspots over an image on a **Visual Scenes** page or create a **Hybrid Visual Scene** that allows you to communicate more in depth about the scene or navigate to related scenes. Pages are great for enhancing a family photo, sharing memories, and recalling special events.



\$79.99

Image Options

Expand your image options with GoTalk Image Library, PCS Symbols, SymbolStix, Widgit Symbols, and METACOM libraries. Purchase them in the GoTalk NOW Store.



GoTalk®9+ Lite Touch

Specially-engineered for those needing a lighter touch

Communicate today! Use this GoTalk 9+ Lite Touch to record personal messages that start conversations, tell anecdotes, talk on the telephone, give care instructions, participate in activities, and so much more! GoTalks' loud and clear sound with volume control and easy recording make this the voice of choice in any situation.

GoTalk 9+ Lite Touch GTL-09G \$299.00

Features

- 9 message keys
- 5 recording levels
- 45 message capacity
- 9 minutes of recording time
- 2-year warranty

PLUS —

- 5x greater touch sensitivity than the GoTalk 9+
- 3 core messages
- Great sound quality
- Built-in overlay storage
- Faster record and erase
- Convenient instructions on the back
- Detailed User's Guide



GoTalks

GoTalk® Overlay Software

Great-looking overlays in a snap

This updated version comes with the complete Imagine Symbol Library and an integrated online search feature that gives you instant access to millions of images. You can export files in PDF, JPG, or PNG formats, making it easy to email overlays to others. Also available with SymbolStix, a complete library of 12,000 symbols.

Editing features let you adjust text color, size, and font. Move, enlarge, rotate, and crop pictures. Choose from dozens of ready-made templates for all of Attainment's AAC products, standard paper sizes, and multiple layouts for schedule posters. Software is Windows only.

GoTalk Overlay Software GT-07G \$79.00

Five GoTalk Overlay Software Discs **GT-57G** \$199.00

GoTalk Overlay Software with SymbolStix GT-SX07G \$129.00









Express One

This talker includes protective neoprene glove, 5" x 7" active area, volume control. For tabletop or wall mount.

Express One GT-EG01G

\$39.00

Three Express Ones GT-EG03G

\$99.00











Gotalk Select

Keep this all new communicator with you using the clip or lanyard (both included) or just take it along in your pocket. Small, light, and rechargeable via USB, the GoTalk Select offers four programmable message buttons on each of three levels for a total of 12 wearable quick messages!

Program with 1, 2, 3, or 4 messages at a time, with each message button measuring at 2.75 cm x 2.75 cm.

Powerful, high-quality speaker allows for remarkable volume from a small device.

GoTalk[®] Select GTS-01G \$149.00



- ✓ Wearable
- ✓ Adjustable volume
- ✔ Rechargeable via USB
- ✓ 2-year warranty



Go_{Talk}Go

Reliable, easy-to-access communication always within arm's reach!

The rechargeable GoTalk Go offers three programmable message buttons. Try the new easier-to-use capacitive touch buttons to activate a message. Program 1, 2, or 3 messages on each of three levels for a total capacity of nine messages! Wear it like a watch, with the plastic or fabric wristband (both included), for communication always at your fingertips! The robust volume of this device will amaze you. Great to use for conversations in the dining room, hallways, community outings, and many more places.

GoTalk° Go GTG-01G \$149.00



Talking Photo Album

Talking Photo Album is an easy-to-use speech output device that now holds 5" x 7" photos. Record up to 10 seconds on each of 20 pages. Great for stories, communication books, step-by-step instructions, memory books, or personal information. Insert photos or picture/text cards into the transparent envelopes and record a corresponding message. User squeezes PLAY button to activate speech. Three AAA batteries included.

Talking Photo Album PH-01G \$49.00



Empower Communication Board

Frontline healthcare communication

The Empower Communication Board (ECB) enables individuals with communication challenges to participate in and direct their care throughout a medical encounter. The ECB concepts are field tested in a hospital setting by authors Jane K. Quarles, MS, CCC-SLP, and Melanie Wood, MS, OTR/L, ATP.

The ECB offers multiple overlay designs based on research to suit the cognitive, linguistic, and motor needs of the individual. It can be used as a single overlay to gain attention or answer yes/no/I don't know questions. Or a combination of overlays can be used to deliver a more complex message. The convenient dry-erase page allows the patient or listener to write or draw items to ensure messages are understood.



Research supports the use of video modeling techniques to train communication partners. Attainment is excited to offer staff, families, and friends the opportunity to access an easy-to-use video tutorial via a QR code on the ECB. The video provides quick training at bedside as needed.

Empower Communication Board ECB-01G \$39.00

Quantity discounts available for hospital-wide implementation.

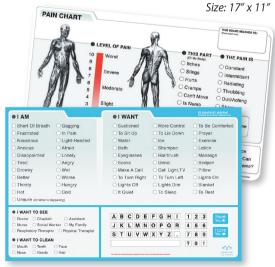
Vidatak HealthCare Communication Boards Supported by clinical research

Supported by clinical research
The Vidatak EZ Board is a perfect

The Vidatak EZ Board is a perfect communication tool for individuals who are unable to speak! The 17" x 11", two-sided, dry-erase boards are individually shrink-wrapped and pre-assembled with dry-erase marker. The EZ Board is available in English as well as other languages.

Implement EZ Boards into your everyday patient care. Improve patient satisfaction and patient outcomes, while achieving cost-saving benefits for your facility!

English Vidatak EZ Board VID-E01G \$19.00



English EZ Board

