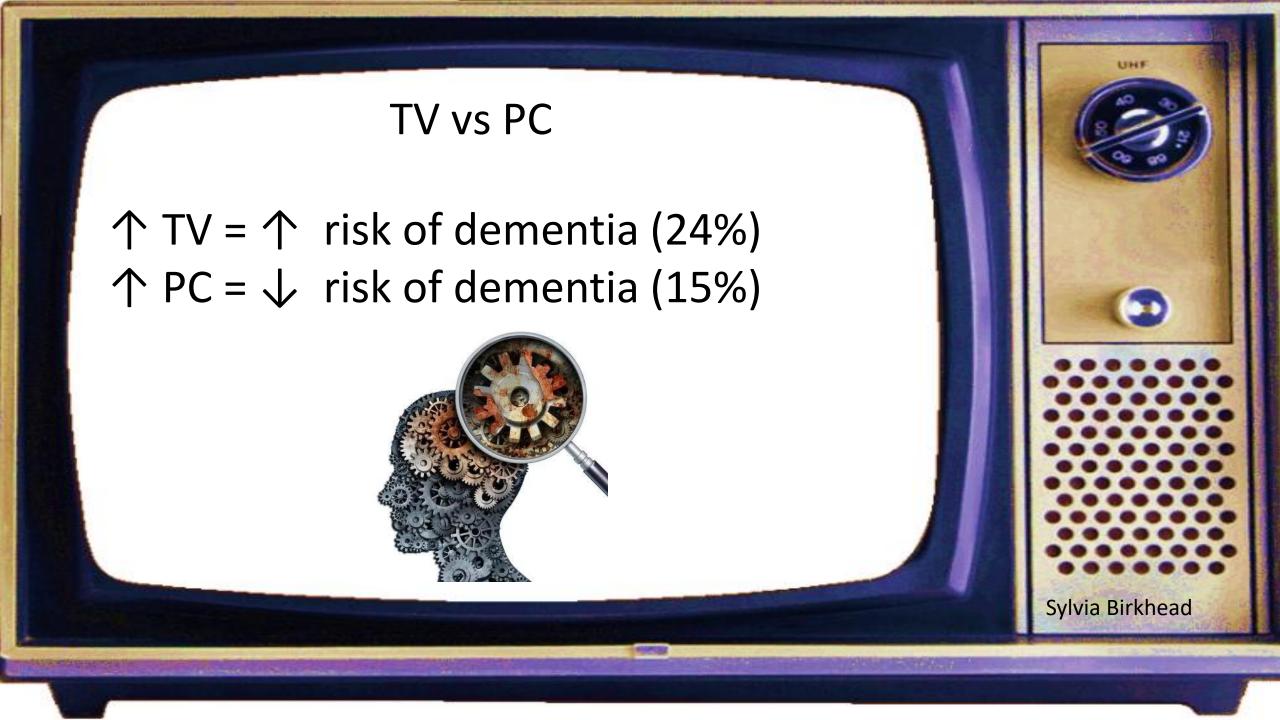


Walking the Road with Dementia – Family/Carer Seminar 10<sup>th</sup> September 2025





# Reduce stress for people with dementia and their caregivers

Videos that diminish agitation, foster connection & engagement, and ease daily activities.



https://www.zinniatv.com/



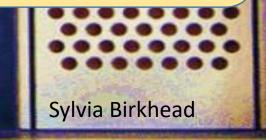
World waterfalls; Cats; Puppies; Dog friends; Honey Bee; Growing veggies; ADLs – Drinking water; Aurora Borealis; Baby's 1<sup>st</sup> year; It's your birthday; Good morning; Faith and gratitude; Undersea creatures; African safari; Birds: Just for fun; Outdoor recreation: Indian food; Ireland; Mountains; Sewing; This day in history; Hawaiin breeze; Good night;



- Create meaningful connection
- Support activities of daily living
- Reduce social isolation
- Soothe anxiety & lift the mood

Also get email newsletter with tips and free webinars that are recorded to watch later.

https://youtu.be/V4Kp2aLEq-o Zinnia video







# Thousands of people use Zinnia for a better dementia care experience

83%

of caregivers say Zinnia entertains the person they support 74%

of caregivers report Zinnia reduces agitation of the person they support 80%

of caregivers agree Zinnia reduces their own stress

We have watched Zinnia TV
twice now right before bed and
Mom has gone to sleep happier
and more peaceful than on
nights we haven't watched it.
Not only does Mom enjoy it, but
my husband and I do, too!

Love it. It just keeps her calm, keeps her engaged with what she's watching and because it doesn't have an extensive storyline, she's not getting lost in what's going on.

We love Zinnia! The hydration and before bed videos have become part of our daily routine.

Kris M.



Five themes and 3 sub-themes were identified:

- \* Calm the person with dementia who is in emotional distress
- \* Form connections with the person with dementia
  - Pay attention to the person's cognitive abilities
  - Match the TV videos with the person's interests + backgrounds
  - Pay attention to the cultural and linguistic relevance of the TV videos to create a meaningful and relatable experience for the PlwD
- \* Bring people with dementia together
- \* Facilitate the person's activities of daily living (ADLs)
- \* Help the person connect with their past



### **Residents**

Engagement even in late stages

Encourages reminiscence

Reduces agitation

Helps with activities of daily living

#### **Families**

Enhances visits with loved ones

Heightens confidence in level of care

Better engagement in later stage

Dementia

### Staff

Deepens connections with residents

Helps ease resident anxiety

Lowers caregiver stress

Education videos supplement staff

meetings

### **Marketing**

Families appreciate commitment to

latest technology

Excellent, low cost gift for prospective

families

## **Activities/Enrichment Programming**

Videos that support and complement activity calendar

Monthly programming recommendations

Quizzes that encourage participation, even in later dementia stages

## **Statistics - Elders use of technology**

45% of the over-65s in the UK are unable to use the internet without proper support.

67% of people in the UK over 65 say they use a

smartphone daily.

69% of people say that life's easy with technology when they know how to use it.



## Apps for Learners with Special and Complex Needs

Flo Longhorn



Website for free sensory books and the free apps book for very special learners:

https://sites.google.com/view/flolonghornsensorybooksfreedow/home



"No one can underestimate the powerful impact of an entertaining, multi-sensory, interactive experience that captures, engages and motivates learners of any age. The Apple iPad does this in virtual reality working alongside spectacular, concrete, sensory experiences and dazzling, multisensory environments found in the real world." Flo Longhorn, January 2012



## Different uses of technology

- Brain Training to prevent or slow down cognitive functioning
- 2. Programmes for stimulation of specific functions for different levels of Function
- 3. Technology to assist daily management of dementia for PlwD + the Carer



## **BRAIN TRAINING**

**Def**: A set of tasks, often computerised, based on well-known tests to measure a type of cognition, but in a gamified manner.

Designed to require a high level of attention, fast processing speed and a flexible mind to alternate between the rules, known as executive functioning.



## BRAIN TRAINING APPS

Top brain training apps include:

Lumosity, known for memory and attention games;

**Elevate**, focusing on reading, writing, speaking, and math skills;

**Peak**, offering memory, problem-solving, and agility games;

**CogniFit**, which uses a wide range of assessments and games for diverse cognitive skills;

**BrainHQ**, praised for its clinically validated exercises, especially for seniors and those in rehabilitation.

Also

**NeuroNation**, for general brain and mind training;

NeuroTracker, specialises in improving attention and visual processing

AlzLife is a science-backed app (Free on Google play) that supports your brain's natural rhythm by integrating three proven modalities— 40Hz light stimulation, 40Hz sound **stimulation**, and targeted cognitive exercises. In each daily session, gentle 40Hz light pulses and tones accompany your cognitive games, guided meditations, educational videos, or reading—each element precisely timed to reinforce healthy brain activity. Your brain's natural 40Hz rhythm is vital for focus, memory, and cognitive function.







# MindMate - An app based platform empowering people with dementia



MindMate is an award-winning App that has been designed to provide an assistance platform for people with dementia, their carers and family-members. The App has been designed and optimised specifically for older people and is being used by thousands of people worldwide.

The App promotes self-management for people with dementia















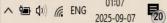


















#### brain games for seniors with dementia





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TopResultsFast.com
https://www.topresultsfast.com/search/results

#### Free brain games for over 60

Find Results Within Seconds - Search for results at topresultsfast.com now! Quality results guaranteed. Search for Free **Brain Games** For Over 60. Find Top Results at topresultsfast.com. Find {Keyword:Top Info} Find Results in Seconds.

Top Sites Here Find Answers Now

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BrainBloom

https://quiz.brainbloom.me/brain/training

#### <u>Dementia games for seniors</u>

Improve Logic with **Brain Games** - BrainBloom offers daily exercises to enhance cognition and build sharper thinking skills. Improve memory, focus, and problem-solving skills with cognitive **training** techniques. Boost Concentration.

Brain Puzzles For Adults Brain Test Memory Games

#### Related search

brain games for elderly
brain stimulating games for seniors
brain training games for seniors
brain exercise games for seniors
brain games for senior citizens
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cognitive games for elderly
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cognitive games for elderly
mental games for seniors
easy memory games for seniors
brain puzzles for seniors



#### Sponsored



search.nation.online
https://search.nation.online/find/results

#### Fun Games For Dementia Residents

2025's Top Search Results - Find Fun **Games** For **Dementia** Residents. Curated Search Results. Discover What You're Looking For Today.

#### Sponsored



BrainPlay
https://www.brainplay.com/

#### **Brain Games** Online

All Ages and Interests - Puzzle **games** offer fun and stimulating ways to test your logic and problem-solving skills. Improve your cognitive abilities with challenging online puzzle **games**. Free Online **Games**. View **Game** Categories.

**Puzzle Games** 

**Drawing Games** 

Crossword Puzzles

**Quizzes Category** 

Music Games

Math Games





Apps like MindMate, AmuselT, and SingFit are designed to provide sensory stimulation for PlwD by engaging them through games, conversation, music, and memory-focused activities, fostering cognitive function, emotional well-being, and reducing feelings of isolation.

Other useful apps include AlzBuddy, Ginkgo Memory & Brain Training for cognitive tasks, Thinkability for stimulating conversation, and calming options like My Reef 3D Aquarium.







**Def:** These are systems that use a range of different sensors and AI to assist and ensure safety. E.g.

CareWatch – door opening and bed occupancy sensors

**COACH** – system of verbal prompts to guide the PlwD in hand washing



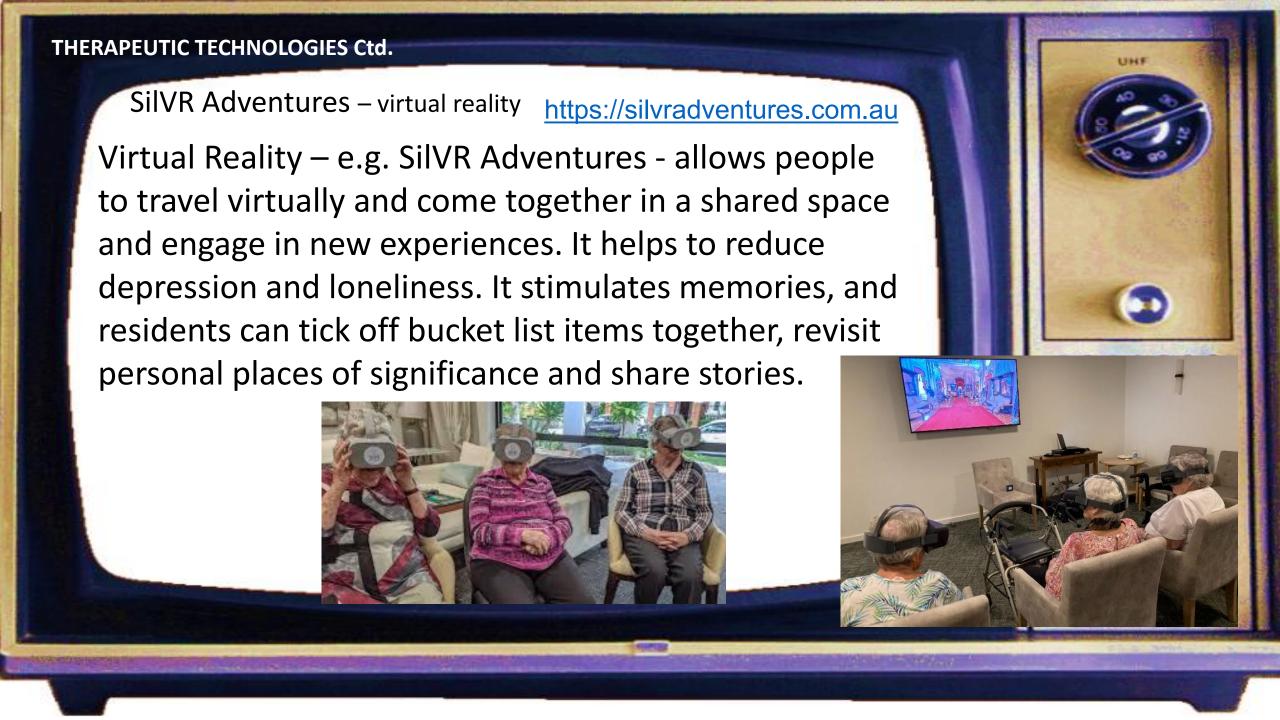
## THERAPEUTIC TECHNOLOGIES

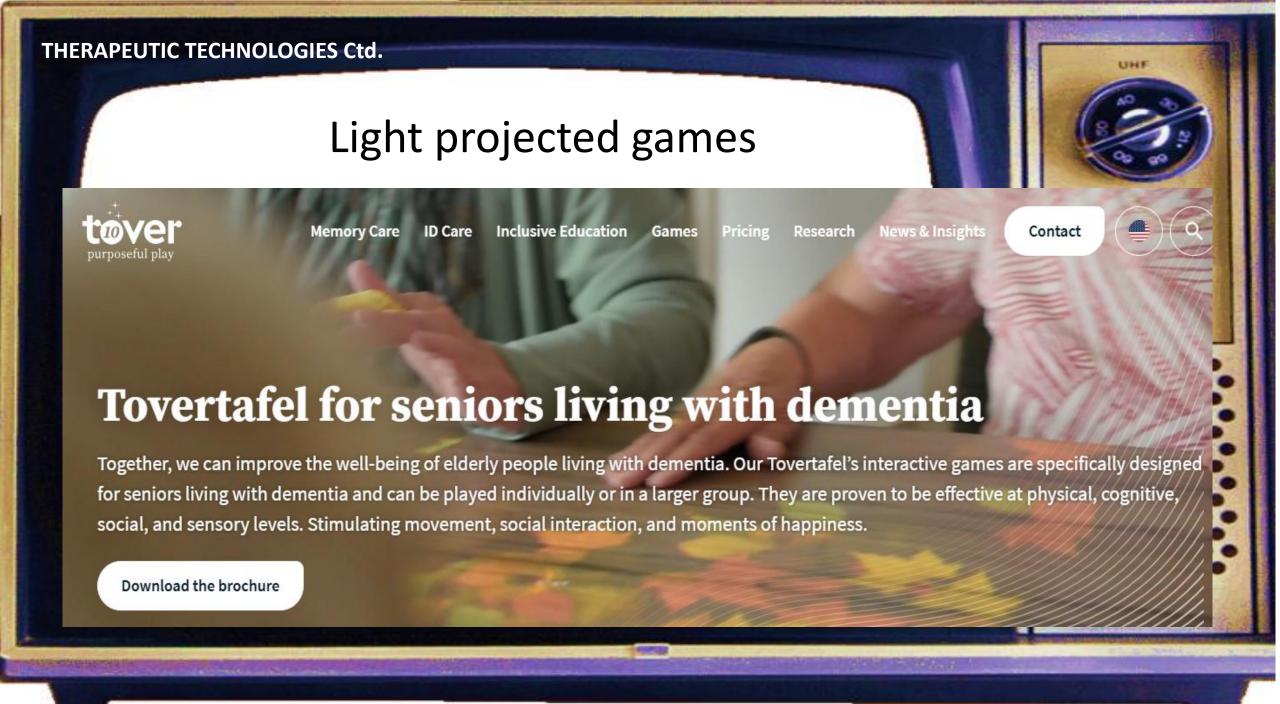
Robot therapy – e.g. Paro a robotic seal in Japan used as a social stimulant. Sensors allow it to interact in various ways when touched.



Video Respite – A videotape application that simulates the visit between an actor in the video and the PlwD.









## Let's Create! Pottery

Relaxing

creative

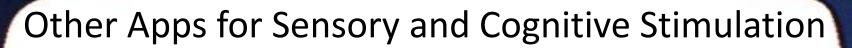


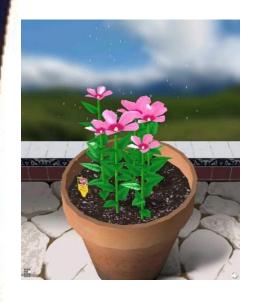


Euggging

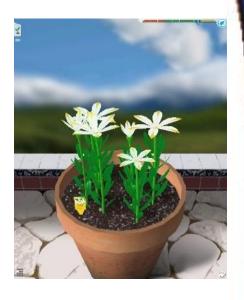
self Expression





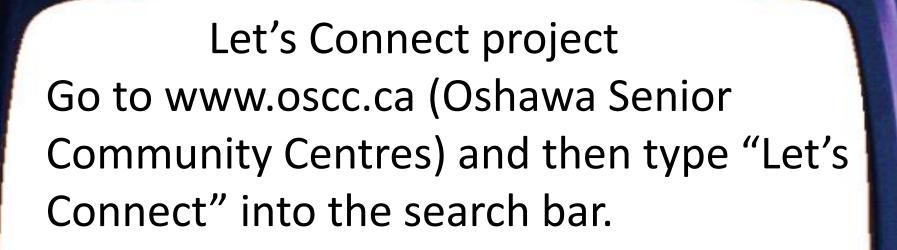














www.actodementia.com



## **VISUAL APPS**

- Become aware of light/dark and shades of contrast.
- Become aware of different sizes of images.
- Become aware of colours and hues.
- Locate an image on screen.
- Fixate on a visual image.
- Track moving items on the screen.
- Focus two eyes together.
- Search and scan the field of vision.
- Look from one object to another.
- Recognise images that may change on a screen .
- Begin to view in depth 2D/3D details.
- Build a visual memory.
- Link vision to work other senses/experiences.





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**〈 Back to Resources** 

ARTICLE

# Getting Started on the iPad with Low Vision

Excerpts from "Introduction to iPad Accessibility Features for

Blind and Low Vision Students Manual"



## **SOUND APPS**

- Sounds and music play a large part in communication (beats/rhythm/patterns of sound)
- Sound also links closely to movement and vision.
- Sound Apps promote the skills such as listening to different ranges of volume, pitch, and location noises.
- Sound also links closely to emotions Apps offer the opportunity to explore a range of emotional sounds as well as feeling the emotional impact of music.





## Then Click on Take Note Resource

takenote.org.uk
TAKE NOTE

Take Note is a set of music resources and strategies for the carers of older people, including those with dementia.

Resources

Strategies



# TAKE NOTE

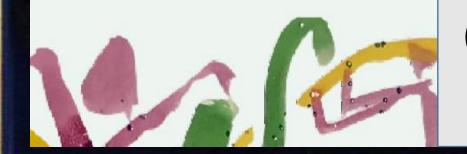
What Shall We Do with a <u>Drunken Sailor?</u>





# Music as medicine

Using personally meaningful music as a self-management tool for living with dementia



## Playlist Resources:

List of questions for building a playlist with someone

www.playlistforlife.org.uk www.musicformymind.com

https://musicmemories.bbc rewind.co.uk/home

(Has clips of music of all types + TV theme tunes etc. from 1920s-2010s)

Birkhead

### **TACTILE APPS**

## **Touch Apps**

iPads/tablets are designed for touch interaction - screen and fingertips.

## **Tactile / Haptic Touch**

Touch links closely to eye-hand co-ordination. Also within the touch system is haptic touch, found in the skin of both hands. We sense the following through haptic touch:

O Texture; O Weight; O Volume; O Size; O Temperature; O Pressure – This specialised touch enables access to the world of apps.

Apple iPad lists the following basic gestures to control a tablet:

➤ Swipe; ➤ Touch; ➤ Tap; ➤ Tap and hold; ➤ Scroll; ➤ Zoom;

## **AcTo Dementia site**





## 4 Key Goals

- 1-Identify key features within touchscreen apps that increase their accessibility for PlwD
- 2-Develop a way to find the most accessible existing apps for PlwD
- 3-Work with app developers to improve the accessibility of existing apps for PlwD
- 4-Share app recommendations with PlwD and professional and family caregivers on a dedicated website



www.actodementia.com



