



Home Life Memories: A Therapeutic Colouring & Activity Book for Older Adults

Karen Tyrell Westlake Village

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This unique therapeutic book is a new interactive engagement tool for families and caregivers to use to enrich quality time spent with older adults, especially those in early-to-mid stages of dementia. Using her dementia care expertise, Karen created this book to enhance connectedness, improve visits and uplift everyone's mood.

The book combines the calming activity of coloring with reminiscing while familiar songs correspond with the illustrations. It also includes some cognitive stimulation activities to help boost brain health. This book makes a wonderful gift for older adults and caregivers caring for someone with dementia.

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