



Let's Look Together: An Interactive Picture Book for People with Alzheimer's & Other Forms of Memory Loss

Rae-Lynn Ziegler OTR/L

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NOW WITH FREE USER'S GUIDE!! VISIT HEALTH PROFESSIONS PRESS WEBSITE TO GET YOURS TODAY. Wake up someone's brain with every turn of the page in this delightfully engaging resource. Featuring evocative images of children, this picture book for adults is to be shared between a family (or professional) caregiver and a person with memory loss to encourage meaningful emotional connections and conversations through therapeutic brain stimulation.

Research demonstrates that sensory integration in the brain reinforces and excites neural connections. Using the principles of sensory integration, occupational therapist Rae-Lynn Ziegler presents photographs that trigger multiple and varied sensory reactions: visual, auditory, tactile, olfactory, gustatory, and vestibular and proprioceptive (motion and movement). Tested with people with middle to late Alzheimer's disease, Ziegler's work demonstrates that spending time with an interactive picture book can help keep people with memory loss connected and engaged.

Users of Let's Look Together are encouraged to
Relate to the feelings suggested by the photos, Reminisce about situations triggered in the person's memory, Describe what might precede or follow the photo's action, Tell a story about the child or image, and Find pleasure in sharing the book together.

Twenty-nine full-color photographs portray an array of easily recognized emotions and activities. Joy, tears, surprise, contentment and stubbornness are interspersed with edible delights, unexpected encounters, nurturing family interactions, and more. Simple conversation starters are provided for each image. It all comes together to create a new visual and emotional journey for each person every time the book is opened.

Let's Look Together is for use one-on-one or in groups at home or in formal care settings ranging from adult day services to hospitals and nursing homes.

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