

## News from Newfoundland and Labrador Public Libraries

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### **New Memory Care Kits added to A.C. Hunter Library Collection**

The A.C. Hunter Library is happy to announce the introduction of their newest kits for patrons to borrow: the Memory Care Kits. These kits are designed for those with dementia and their care partners to do together as way to stimulate the mind and encourage positive communication and interaction.

The Memory Care Kits are not new to the Newfoundland and Labrador Public Library system, as they can also be found at the Corner Brook Public Library. Having kits available in St. John's means that more access to these specialized kits can be granted to patrons.



Dementia can affect many brain functions, such as memory, thinking, problem-solving, and language. Each of the Memory Care Kits have been specifically curated with activities and materials to encourage brain activity and reminiscing. The aim of the Memory Care Kits is to provide a way for care partners and individuals with dementia to engage meaningfully together, as well as promote communication.

When a patron borrows one of these kits, they will find books and activities to share with their loved one. The puzzles and games within the Memory Care Kits focus on patterns and object matching, which can help encourage brain activity. Each kit can be adapted to suit the needs of the individual using it.

Another important aspect of the kits is the focus on reminiscing. The books, music CD, and conversation cards found in each Memory Care Kit are meant to encourage talking about old memories, as these are often the strongest ones that individuals with dementia have. These provide a way to encourage communication while patrons explore their kits.

At the A.C. Hunter Library there are currently 7 kits available for a lending period of 3 weeks. Patrons can request a kit by placing a hold through the online catalogue, by calling the library (709-737-2133), or by emailing them at [achunter@nlpl.ca](mailto:achunter@nlpl.ca).

For more information about the Memory Care Kits and how to use them, patrons are encouraged to watch the instructional video on the kits now available on the Newfoundland and Labrador Public Libraries Youtube channel.