



Belgian  
Red Cross  
Flanders

**Zorgbib**

A book and a visit  
- also for people with dementia

# What is Zorgbib?

# What is Zorgbib?

- + 'Care library'
- + Part of Humanitarian Services of Red Cross Flanders
- + Funded by Flemish government as library for target audience
- + Policy mission: Library service & social contact
  - General hospitals
  - Psychiatric hospitals
  - Centres for asylum seekers
  - Retirement homes

# How Zorgbib works

- + Central library in Mechelen
  - Acquisition, storage and distribution of collection
  
- + At request of care facility: start-up of library point
  - Delivery books, cd's, dvd's, comic books, games, ...
  - Tailored to needs and interests of patients/residents
  - In agreement with care staff
  - Collection changes twice per year
  
- + Local Red Cross volunteers run library point



## Lezen, kijken, luisteren en spelen ... Met Zorgbib kan het allemaal!

De Zorgbibvrijwilligers bezoeken je met een boek,  
dvd, cd en zoveel meer.



## 'A book and a visit'

- Een boek en een bezoek

- + Books as a means to social contact
- + Key element in trainings for volunteers
- + 900 volunteers
- + 370 library points



# Zorgbib head office

- + Management of collection
- + Support to local library points
- + Development trainings and guidelines for volunteers
- + Centre for Evidence Based Practice Red Cross



# Recent evolutions



# Recent evolutions

- + Decrease of Zorgbib in general hospitals
- + Increase of Zorgbib in retirement homes
  - 2/3 library points and ↑
  - Person-centred care
- + Consequences for Zorgbib
  - Average age reader is 85
  - Higher care profiles

# Recent evolutions

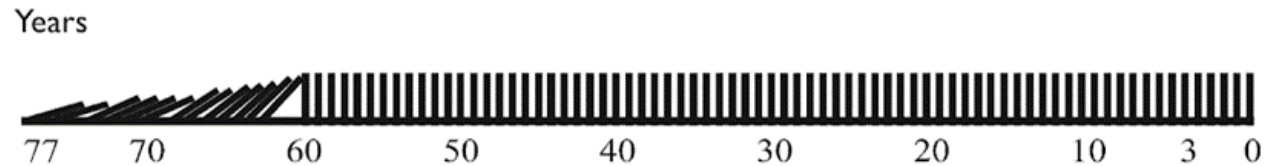
- + Ever fewer people reached by 'classical' library
  - Visual problems
  - Concentration problems and dementia
  - Even large print and Daisy no longer an option
- + But:
  - Books were never the main goal
  - Need for social contact unchanged
  - How else?

# Dementia

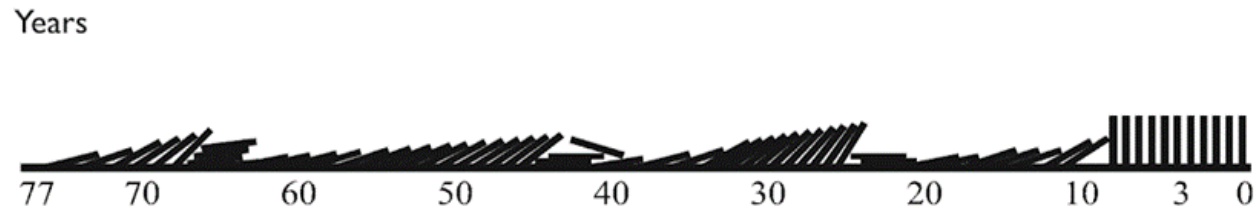
# Dementia

- + Set of symptoms of mental decline
  - Alzheimer's disease & vascular dementia
  - Memory loss
- + Global prevalence
  - 50m in 2017 > 152m in 2050?
- + Earliest memories intact the longest

# Roll-back memory (Huub Buijssen)



The memory of someone in the advanced stage of dementia – only the memories of his early childhood remain.



*Figure 4.1 An illustration of Buijssen's 'Shelf of Diaries'. Source: Buijssen, H. (2005) The Simplicity of Dementia. London: Jessica Kingsley Publishers, p.37.*

# Childhood & early adulthood

- + Memory = event + strong emotion
- + 'First Times'





# 'The Songs That Bind' (Seth Stephens-Davidowitz) *New York Times*, 10/02/2018

'Loved it as a teen, Love it forever'



# Dementia

- + Loss of cognitive abilities – but:
- + Increased importance of sensory world
  - Music, touch, smells, colour, movement, ...
  - Good atmosphere, positive emotions

→ Two new collections at Zorgbib

# New collections for the elderly and people with dementia

1. Reminiscence collection
2. Activity-oriented collection

# 1. Reminiscence collection

- + Reminiscence = to recollect memories
- + Photobooks, magazines, music cd's and dvd's (documentaries & movies)
  - To trigger memories of younger years
- + Collection scope shifts along with audience
  - Right now: '40's, '50's and 60's (average age 85)

# Reminiscence collection

## + Popular themes

- School days, my village/town, wedding day, my job and hobbies, pets, radio, television & movies, my holidays, ...

## + 'Universal themes' also work

- Nature, animals, children, popular holiday destinations, ...

TRICK LAGROU



## DE BELGISCHE KUST

VAN KNOKKE TOT DE PANNE, VROEGER EN NU



- + **Recognisable** content
- + It's in the details
- + Local content



# Reminiscence collection

- + Great conversation starter
- + Often suitable for reading aloud



# Elektrische apparaten

van  
toen



521 197

Pro Scale

# Reminiscing with people with dementia

## A method



- + Flemish Centre of Expertise on Dementia
- + Howest College
- + Zorgbib
  - Reminiscence clips
  - Distribution to volunteers in library points

## 2. Activity-oriented collection

- + Together with volunteer (or caregiver, family, occupational therapist, ...)
- + Non-therapeutical
- + Facilitating social contact



# Activity-oriented collection

## 1. (Reminiscence) puzzles



# Activity-oriented collection

## 2. Creative materials





# Activity-oriented collection

## 3. Reminiscence games: Scentscapes



# Activity-oriented collection

## 4. Conversation cards



# Activity-oriented collection

## 5. Extra-large board games



# Extra coaching for volunteers

Zorgbib at IFLA - 28/02/2018



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# Extra coaching for volunteers

- + Reminiscence and activity materials are only as good as the one working with it
- + More intense and personal contact
- + An additional training for volunteers
  - Setting up a reminiscence activity
  - Selecting the right material
  - Creating a good setting
  - Conversation techniques, especially with people with dementia
  - Responding to sensitive subjects, privacy



## Further information

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