Book Reviews

Levine Madori, Linda. Transcending Dementia through the TTAP Method: A New Psychology of Art, Brain, and Cognition. Baltimore, MD: Health Professions Press. 2012. ISBN 978-1-932529-72-2, 243 pp. Price $42.95 (Paper)

Dr. Linda Levine Madori has developed an approach to enhance the quality of life for people with dementia. The twelve-step Therapeutic Thematic Arts Programing (TTAP) offers a way for administrators to implement person-centered dementia care for residents of nursing homes and assisted living facilities. The TTAP embraces finding out what animates a person and taps into what Levine Madori refers to as the mind's eye throughout the book. TTAP allows the individual to reminisce, reflect, and share with others in a group setting by utilizing a variety of communication and self-expression forms. TTAP focuses on the arts which include painting, music, dance, sculpture, and writing. The resident is empowered by their ability to choose colors, media, word choices, and music styles. The resident is further empowered to plan social events celebrating their accomplishments by planning events such as themed meals for other residents, staff or family members. Finally, the most important opportunity to engage in empowerment and self-advocacy is when the individual is asked to evaluate their experiences and offer suggestions for improvement and options for future TTAP experiences.

Upon first impression, I felt that this book was directed towards Therapeutic Recreation and Activities professionals. The text provides an overview of Alzheimer's disease and dementia, an overview of the TTAP, basic brain anatomy and physiology, and details of neurophysiological responses in clients engaging in the TTAP. Upon further reflection, this book is meant for everyone. Culture change within a care center, regardless of the method chosen, can only happen with support from administration. Once administration has chosen the method of culture change there must be education and acceptance by all stakeholders, particularly the nursing assistants. In the final chapters there is discussion about the replication of Levine Madori's TTAP at multiple care facilities. As an administrator, the part that caught my attention was that one facility claimed an estimated cost savings of over $160,000 in one year (170). As an educator, I could see this text being utilized in gerontology, activities, and recreation courses. Of further interest to the academicians is the chapter that highlights how the TTAP is grounded in interdisciplinary research with foundations from theories in developmental, life span, recreation, psychology, life review, neurodevelopmental, object relations, and gerotranscendance.

I found the appendixes to be a great strength of the book and helpful to me as an administrator. In Appendix A, Levine Madori provides sample protocols for the TTAP which details the treatment protocol, the materials needed for the session, the rationale for the session, how clients are referred to the sessions, risk management, the structure of the session, time allotment, outcome and evaluation gathering as well as personnel needed for implementation. Appendix B provides sample assessment tools. Appendix C provides ideas for programming using affordable, everyday supplies that are budget friendly. Appendix D provides samples of graphic visual organizing tools to help clients to develop themes for the session. Appendix E provides a list of suggested themes to initiate the session. A weakness for me is that I personally would have liked to have seen more detail in Appendix A as well as more information on actual implementation. However, upon further research at www.levinemadoripdd.com I found that the author has written other companion books that may provide the additional information I am seeking. As my interest was piqued by the cost savings at one facility, I would have like more information in this area.

As facilities and those who regulate them struggle to meet the changing demands of the industry and their clients, I find this book to provide an excellent opportunity to begin or advance current progress on implementing person-centered care. Finding the method that meets your facilities personality and culture can be a challenge. Whether the TTAP is the right one for a particular facility, only the staff and residents can tell. Regardless of the method adopted, there are definitely lessons to be learned and incorporated into any activity or recreational program.

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Karen L. Fingerman, Cynthia A. Berg, Jacqui Smith & Toni C. Antonucci, Eds. Handbook of Life-Span Development. Springer Publishing Company, New York, 2011. ISBN 978-0-8261-1079-4. pp881. E-book ISBN: 978-0-8261-1080-0. Price $125.00 (Hardcover)

(Karen L. Fingerman et al. continued)

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The handbook is an impressive collection of research studies and theories provided by knowledgeable contributors on life-span development from conception to old age. The 32 chapters are organized within four major thematic sections: 1) Theory and Overviews; 2) Physical and Cognitive; 3) Socio-emotional; and 4) Contexts of Development. Exemplars from each section are selected to demonstrate related content. Relationships, the environment and socialization threads are interwoven throughout the text. Study findings of population and generational groups are discussed; however, the uniqueness of the individual is addressed.

Theory and Overviews (8 chapters)- Several theories and models used by scientists and their study approaches are included in this first section of the book. Attention is given to biological and cultural processes involved in the human complex development system. Heredity accounts for only a portion of variance in human development, for from the moment of birth, a child's experiences and behaviors are shaped by the culture and customs of the environment. The parent-child attachment has a great influence—whether positive or negative—on the child's socialization processes. Socialization continues through interaction with important others that make up the immediate and social environments. The environment shapes a person's interpretation of self, relationships with others, social networks, and aids the individual in finding a sense of meaning in the past, present, and future life. Socialization represents stability and is composed of many discrete and related acts over an extended period of time.

The authors present an overview of the early research that influences the current work about human development. Erik Erikson (1950/1963 and 1968) based his psychosocial theory of task development on the work of the early 19th century scientists, Charles Darwin and Sigmund Freud. According to Erikson the success of completing an age specific task before moving to the next task, or failure to do so, is measured by sociocultural expectations. Robert Havinghurst, whose work was influenced by Erikson, stated that task development is accomplished through biological maturation, sociocultural pressures, and the values and goals of the individual. Many theorists have selected these theories as the basis for cross-sectional and longitudinal studies in education, sociology, anthropology, psychology and other sciences. Life-span developmental theory emphasizes that human development continues from birth to death; therefore, this theory can open new paths for examining the tasks of adulthood that have not been fully explored.

The Convoys of Social Relationships: Past, Present and Future model can be an excellent tool for an individual as the central person to identify the people that make up a support system in three concentric circles in the order of most importance. The scientist and the individual can, then, explore the type of support these people provide, and how the circles constrict and expand throughout the individual's life span. Each life cycle has its own challenges and rewards. The model can, also, help to explain how the individual adapts to these gains and losses. To date there is scant research on the transitional phases of life. Recommendations for future research include frequent observations of a cohort group and individuals to discover the subtle changes that occur over a life time.

*Physical and Cognitive (9 chapters)-*The authors in this section provide an overview of neurological anatomy and the structural changes in the developing brain. Study findings revealed that neurogenesis occurs prenatally and that the majority of brain growth volume occurs in infancy and the toddler years. Axons and new synapses are formed throughout life, yet some are eliminated as the person becomes more efficient in processing information. Additional studies were conducted to understand individual differences in behavior and cognition. Other research designs were used to study the effects of maturation on sensory, motor, cognitive, linguistic and social processing through childhood and adolescence. Magnetic Resonance Imaging (MRI), Positive Emission Tomography (PET) scans and other technologies have permitted scientists to begin mapping the brain structures.

Technological advances have also assisted neuroscience researchers in examining and identifying the changes in the aging mind and brain. Researchers have learned that long term memory in older adults varies, and some people use different brain areas to preserve their cognitive abilities. Research on these areas is relatively new. There is evidence that the brain is particularly sensitive to

social stimuli. Theories derived from these studies may provide key insights in ways to combat adverse effects of aging on cognition such as perception attention, working memory, executive control functions and long-term memory. The aging population is ripe for studying brain disorders like dementia which is not part of normal aging; however, the risk increases with age and the etiology is still not understood.

Socio-emotional (8 chapters)- The control of emotions is not an easy task for the very young. Researchers usually observe the mother as the principal care provider who serves as the external regulator of the behavior of the infant and young child. Personality and temperament are, also, frequently associated with emotional responses to environmental stimuli. Emotion control is particularly difficult for teenagers due to the changes in hormone levels and the effects on rapid changes in moods. Studies have found that the most dramatic increase in clinical depression rates peak during the ages of 15 and 18 years. However, maturity and the pressure of social behavior expectations have a great impact on the person's control over emotional responses and coping mechanisms.

Narratives have been important methods for centuries to convey historical facts to generations of people. Children enjoy listening to stories, and frequently create their own life stories about their identity and who they want to be. During the middle years, individuals focus their narratives on their memories of a specific life event or happenings over an extended time frame. Their accounts depict the "high and low points, turning points, and other emotionally charged events" (p. 596). Reflecting on these events may build social relationships, strengthen connections with family, and can substantiate the person's identity. Story telling can, also, be therapeutic in coping with losses and other negative life events. Research with older adults has revealed that narratives are a means for discovering the various strengths as survivors over their personal life challenges. Researchers have discovered that intergenerational story telling can affect the development of people of all ages. The narrative can be a legacy to leave for the next generation.

Contexts of Development (7 chapters)- The authors comment that research on cognition, emotions, and motivation development can be dependent upon the changes or consistency of social environments for individuals and groups. The context should be used to develop the research questions. Researchers are concerned about the inequalities that include race, ethnicity, gender, sexual orientation, class, age, and geographic location. Additional factors include citizenship, and the concentration of living in affluent or in high poverty neighborhoods.

The neighborhood environment is of particular interest to researchers in public health, sociology, developmental psychology, economics, and epidemiology. Residents often describe their neighborhood as an expansion of the family. Socialization that begins in the home moves on to the schools and into the neighborhood. Many researchers have examined neighborhoods from ecological and sociological perspectives. Several theories are needed to adequately explore the many variables involved. However, due to the inevitable changes and instability in neighborhood environments, researchers have difficulty in conducting longitudinal studies. The authors suggest that interdisciplinary collaboration and different methods of inquiry including inter- and intra-generational studies are required in order to capture all concepts that are involved.

There is a need for additional theoretical guided empirical studies related to racial and ethnic inequalities associated with neighborhoods where there is disproportionate allocation of economic and social services. Poverty neighborhoods can be dangerous living environments. Research has revealed that infant and pregnancy mortality rates are greater, unemployment is prevalent, and poor healthy lifestyles contribute to poorer outcomes including acute and chronic illnesses.

Reflecting back and Looking Forward to the Future- Our world is changing rapidly. The turbulent nature of post-modern society has resulted in many social roles that did not exist for older adults when they were young. Today's family roles have different responsibilities and realignment of activities than a few decades ago. Technology has a major impact on the lives of everyone, and will continue to do so. One often wonders what our world will be like in 2025, 2050 and beyond. My review was conducted within the health care perspective. I can envision many possibilities for research in the future. Perhaps a legacy for this book is being the first edition of handbooks that will follow.

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