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)