



PRESS RELEASE
For Immediate Release
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Milton Public Library Introduces New Cognitive Care Kits for Community Members Living with Dementia

Milton Public Library is very excited to announce the launch of their new **Cognitive Care Kits**, a library resource that helps support the skills and abilities of people living with dementia and other forms of cognitive impairment.

Each kit contains up to ten unique, dementia-friendly activities such as games, workbooks, puzzles, and various prepared activities. The kits focus on the mind (cognitive), body (active), and spirit (creative), and were developed using the DementiAbility Montessori principles, proven to effectively engage with individuals living with dementia and their caregivers.

The activities enhance environments that support the needs, interests, skills and abilities of individuals living with dementia and other cognitive impairments and allow them to thrive, setting them up for success, and building increased independence and higher self-esteem. Research has provided clear evidence of increased levels of engagement and participation in activities when these approaches are implemented.

Members of the community are encouraged to visit the Milton Public Library to borrow the kits for free using their library card. First time borrowers must schedule an appointment to meet with a dementiability-trained librarian, who will explain and demonstrate the kit and its benefits.

“We are very excited for the launch of Milton Public Library’s new cognitive care kits. These kits will help support caregivers and connect individuals in our community who live with dementia,” said Mary O’Connor, Adult Services Librarian.

Schedule your appointment today by visiting the Milton Public Library’s website or emailing mary.oconnor@beinspiredatmpl.ca for more information.

For more information, please ask at your local branch or visit: www.beinspiredatmpl.ca .

For further information, please contact Ashley Directo, Marketing & Communications Coordinator
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