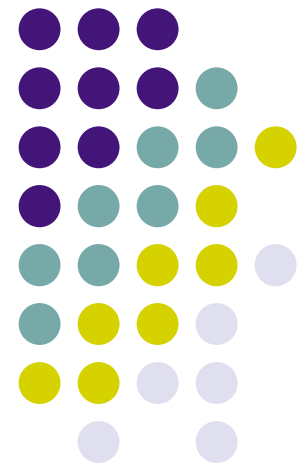
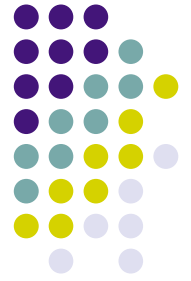


Baseball Reminiscence League

Jim Kenton
SABR Ninth Annual Winter Meeting
Rogers Hornsby Chapter
January 17, 2015





Background

- An estimated 5.2 million Americans of all ages have Alzheimer's disease (2014)
- Pharmacological treatments for dementia are limited and have a variety of side effects
- Increased focus on Psychosocial interventions
- **Reminiscence Therapy** (recall of the past in an enjoyable and informative way) is the most popular intervention with focus on intact early memories and based on personal interests
- Brings to forefront preserved abilities rather than their impairments



Program Background

- Pilot program to address the needs of persons with early stage dementia launched in 2011
- Cardinals Reminiscence League (CRL) sponsored by Alzheimer's Association, St. Louis Veteran's Association Medical Center and St. Louis Cardinals baseball club
- Expanded in 2012 to include multiple nursing homes



Program Purpose

- Improve functioning and quality of life in older persons with dementia
- Expected Outcomes:
 - Enhanced mood – less angry, anxious, sad
 - Retaining communication skills
 - Strengthening sense of social engagement – more alert and confident
 - Caregivers develop a more positive view of patient, more likely to engage in meaningful discussion



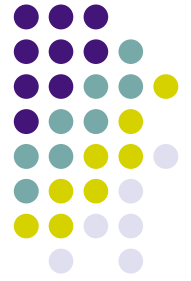
CRL Model

- Goal is to serve as many as 10-20 people with dementia and their care partners (max of 40 individuals total) for 1.5 hours per month
- Alzheimer's Association trains program volunteers, screens participants and oversees implementation of the program
- Program volunteers (one for every 4-5 individuals) assist setting up room, greeting participants, refreshments, etc.



CRL Model, cont.

- Rituals help build cohesion, familiarity and a sense of comfort
 - Begin with the singing the “National Anthem”
 - Sing “Take Me Out to the Ballgame” before the 7th inning stretch (restroom/snack break)
 - Music from that era invoke pleasant memories of past
 - Capitalize on using senses of taste and smell – hot dogs, Cracker Jack, etc.



CRL Model, cont.

- Coaches facilitate discussion using memorabilia and other sensory prompts to stimulate conversations of past experiences
 - Memorabilia
 - Sports photos
 - Audio and video clips
 - Speakers
 - Baseball themed door prizes

Reminiscence League video



- http://alz.org/stl/in_my_community_60561.asp

Discussion



Thank you for your interest!