



The Best Friends Daily Planner

Virginia Bell MSW, David Troxel MPH

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The Best Friends™ Daily Planner shows you how simple it is to be a Best Friend to a person with dementia each and every day. This handy and practical book provides you with Best Friends guiding principles, activities, and reflection questions to support your caregiving each week.

Guiding Principles: Learn how to follow the Best Friends™ approach with these reminders and tips

Activities: Implement over 150 quick, easy, and surprising activities

Reflections: Record what works and what doesn't both for you and your Best Friend

The Best Friends™ Daily Planner can be used as an individual resource or with any of the many books in the world-renowned Best Friends™ product suite. Developed by dementia care experts Virginia Bell and David Troxel, Best Friends™ is a sensitive and sensible approach to dementia care based on the essential elements of friendship: respect, empathy, support, trust, and humor.

With ample space to record your thoughts and the reactions of the persons with dementia that you care for, this invaluable tool will guide you through the year and provide a record of your caregiving experiences in the years to come. Filled with easy-to-implement activities and reminders of the core tenets of the Best Friends™ model of care, this handy and practical book shows you how simple it is to be a Best Friend to a person with dementia each and every day.

And the best part is, The Best Friends™ Daily Planner is completely customizable to meet your needs. Divided by months that highlight each of the 12 Best Friends Dementia Rights and labeled with dates that aren't day-of-the-week specific, the planner gives you the flexibility to start at any point of the year!

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