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## Spaced Retrieval Step by Step: An Evidence-Based Memory Intervention

*By Jeanette Benigas PhD CCC-SLP, Jennifer Brush MA CCC-SLP, Gail Elliot MA*



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**Spaced Retrieval Step by Step: An Evidence-Based Memory Intervention** By Jeanette Benigas PhD CCC-SLP, Jennifer Brush MA CCC-SLP, Gail Elliot MA

Spaced Retrieval is an effective way to support individuals with dementia and other memory loss conditions. This book takes a fresh approach to the method of Spaced Retrieval, teaching this innovative process step by step to help care partners better assist people in learning important information that can improve independence, safety, and quality of life. Using this proven memory-training strategy, people with memory loss can learn and store information so that, with practice, it can be easily accessed and retrieved.

Filled with practical insights and advice for care partners, this book also provides:

illustrative case studies

forms for easy implementation (also available as downloadable PDF files)

visual cuing tools

summary of evidence supporting Spaced Retrieval's effectiveness

Incorporating Spaced Retrieval into the whole care process of older adults and others with cognitive impairment makes this guide useful not just for therapists (speech-language pathologists, occupational therapists, and physical therapists), but for nurses, social workers, and health care professionals at all levels of care, and informal care partners such as family members.



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## **Editorial Review**

### **Review**

Dementia care has become a very staggering issue in Japan as the population of over-65-year olds now comprises more than 25% of the total population. This is an unprecedentedly high ratio that no other country in the world has ever experienced. Step-by-step descriptions of the SR technique, together with a variety of case studies outlined in this book, will definitely help implement effective care for people with memory loss in many countries with different cultures facing similar aging issues. (Toshiko Watamori, D.M.Sc., Professor Emeritus *Hiroshima Prefectural College of Health Sciences* 2015-12-07)

As a Montessorian focused on care for the aging, this is a must read. Spaced Retrieval Step by Step has been needed for a long time, and I celebrate its arrival. The ability to change lives by improving quality of life for persons living with dementia and their caregivers is within the pages of this fabulous book. With a technique that is easy for anybody to learn and with the potential to achieve amazing outcomes, this is one of the most powerful books ever written to help people living with dementia do so with dignity, respect, and independence. (Anne Kelly, Managing Director *Montessori Ageing Support Services* 2015-12-07)

“Spaced Retrieval Step by Step is an updated and expanded version of the highly popular 1998 spaced retrieval training manual published by Jennifer Brush and Cameron Camp. [Authors] Benigas, Brush, and Elliot describe theoretical foundations of SR training and, as promised by the title, walk the reader through each step of the SR training process. They provide plenty of examples and explanations, and frame SR in the context of everyday life goals of people with memory impairments. The authors explain how SR can be used to train use of a variety of memory aids, showing the utility of SR methods across training targets. This detailed and practical manual will be a staple for clinicians.” (Lyn Turkstra, PhD., CCC-SLP, BC-ANCCS *University of Wisconsin-Madison* 2016-02-10)

### **About the Author**

**Jeanette E. Benigas, Ph.D., CCC-SLP**, is an Assistant Professor of Communication Sciences and Disorders at West Chester University (Pennsylvania), USA. She has worked extensively as a speech-language pathologist in pediatrics in both private practice and school settings and with adults in post-acute, long-term care, and home health settings. In her work with adults, Dr. Benigas has pursued research into improving quality of life for persons with dementia, particularly related to eating and swallowing impairments. Her research has focused on evaluating reading comprehension abilities in people with dementia for use of visual aids and using Spaced Retrieval to teach swallowing strategies to avoid unwanted dietary modifications. She speaks nationally to fellow speech-language pathologists and continues to practice privately. With a bachelor's degree in Speech-Language Pathology from The University of Toledo, USA and a master's degree in the field from Eastern Michigan University, Dr. Benigas completed a Ph.D. in Speech and Hearing Science and Interdisciplinary Specialization in Aging from The Ohio State University, USA.

**Jennifer A. Brush, M.A., CCC-SLP**, understands the particular needs of healthcare organizations and families engaged in dementia care and brings more than 20 years of experience as both a leading researcher and direct-care coach in this complex field. She is a nationally recognized speech-language pathologist known for her work in the areas of memory and environmental interventions for people with dementia. She has served as the principal investigator on applied research grants that examined issues pertaining to HIV/AIDS dementia, hearing impairment, dining, swallowing disorders, and the long-term care

environment. Ms. Brush has served as Chair of the Professional Development Committee of the American Speech-Language Hearing Association Gerontology Special Interest Division and on the Editorial Review Board of SpeechPathology.com. Jennifer is co-author of the books: I Care; Environment and Communication Assessment Toolkit (ECAT) for Dementia Care; Creative Connections in Dementia Care; and Spaced Retrieval Step by Step.

**Gail Elliot**, BAsC, M.A., Gerontologist and Dementia Specialist, is the Founder and CEO of DementiAbility Enterprises, Inc., an online service connecting research with practice in the field of dementia to enhance functioning and provide meaningful engagement for people with dementia. Previously Assistant Director at the Gilbrea Centre for Studies in Aging at McMaster University (Ontario), USA, she retired in 2012 to pursue the lifelong goal of changing the face of dementia by helping people live to their full potential. Resources and strategies developed by Elliot are used across Canada and internationally. Her DementiAbility and Communication courses are included in McMaster University's Geriatric Certificate Program and she works closely with the Occupational Therapists Association of Hong Kong, Montessori Australia Foundation, and alongside colleagues in the United States. She is author of Montessori Methods for Dementia: Focusing on the Person in the Prepared Environment, Memory Aids for Dementia, Helping Me...Helping You: Practical Approaches for Caregivers, and she is the co-author of Checklist for Change: A Guide for Facilitating Culture Change in Long-Term Care. She is also editor of many titles available in the Carry on Reading in Dementia series

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Nowadays reading books are more than want or need but also be a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book in which improve your knowledge and information. The details you get based on what kind of reserve you read, if you want send more knowledge just go with schooling books but if you want sense happy read one together with theme for entertaining for example comic or novel. The particular Spaced Retrieval Step by Step: An Evidence-Based Memory Intervention is kind of e-book which is giving the reader unstable experience.

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**Barbara Rubio:**

The book untitled Spaced Retrieval Step by Step: An Evidence-Based Memory Intervention contain a lot of information on it. The writer explains the girl idea with easy means. The language is very simple to implement all the people, so do definitely not worry, you can easy to read this. The book was written by famous author. The author brings you in the new age of literary works. You can easily read this book because you can keep reading your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site in addition to order it. Have a nice examine.

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