

Handy Man – LIBRARY MATERIALS

Title	Collection	Call Number
Glass Front Cabinet	Adult DVDs	684.16 Arts
Fine Woodworking	Adult Magazines	Fine Woodworking
This Old House	Adult Magazines	This Old House
Popular Mechanics	Adult Magazines	Popular Mechanics
Old House Journal	Adult Magazines	Old House Journal
Waterfalls, Ponds, and Streams by Ortho 8.1 x 0.2 x 10.9 inches / 126 pages / 11.2 ounces Shows water landscaping projects with photos and diagrams. Does not lay flat well.	Adult Nonfiction	635.9674 All
Carpentry by Homeskills 8.2 x 0.2 x 11 inches / 128 pages / 1.1 pounds Lots of great illustrations of steps involved.	Adult Nonfiction	684.08 Hom
Outdoor Woodworking 8.2 x 0.5 x 10.8 inches / 136 pages / 1.1 pounds Does not lay flat. Step by step photos of process. A few diagrams. Large photos of finished projects.	Adult Nonfiction	684.08 Out
Popular Woodworking Magazine These are hardbound versions of the magazine showing diagrams and photos of projects.	Adult Nonfiction	684.08 Pop 2014
Turning Pens and Pencils by Walter Hall 8.2 x 0.7 x 10.8 inches / 176 pages / 1.2 pounds Paperback, but it will lay on a table. Photos show steps of each project.	Adult Nonfiction	684.083 Hal
Building Real Furniture for Everyday Life by Chris Gleason 8.2 x 0.2 x 10.5 inches / 128 pages / 1.2 pounds Great step by step photos along with diagrams. Will lay flat.	Adult Nonfiction	684.104 Gle
Furniture Repair and Restoration by William Cook 8.8 x 0.8 x 11.4 inches / 256 pages / 1.6 pounds May be too heavy to hold, but it lays flat very well and pages turn easily. Has great step-by-step photos of many projects.	Adult Nonfiction	684.1044 Co
Bookcases, Shelves, and Cabinets by Oxmoor House 8.5 x 0.5 x 11.2 inches / 127 pages / 1.5 pounds Harbound book with spiral binding. Most images are diagrams of projects. The photos that are there are large and clear.	Adult Nonfiction	684.16 Boo
Desks, Bookcases, & Entertainment Centers by Woodworker's Journal 8.1 x 0.4 x 10.9 inches / 153 pages / 1.4 pounds Photos of finished projects. Detailed diagrams of materials and measurements.	Adult Nonfiction	684.16 Des
Outdoor Woodwork by Alan and Gill Bridgewater 8.5 x 0.4 x 11.1 inches / 128 pages / 12.8 ounces Photos show finished products with great diagrams of steps. Some photos of steps as well.	Adult Nonfiction	684.18 Bri
Garden Decorating by Better Homes and Gardens 9.1 x 0.5 x 9.8 inches / 192 pages / 1.6 pounds It will lay open on a table, but not well. Shows landscaping projects with photos and diagrams.	Adult Nonfiction	712.6 Mar
The Most Popular Homes of the Twenties by William Radford 8.2 x 0.5 x 11 inches / 176 pages / 1.6 pounds Shows floor plans. Images are black and white.	Adult Nonfiction	728.3709 Rad
How to Whittle by Josh Nava 6.5 x 0.8 x 8.5 inches / 144 pages / 1 pound Does not lay flat, but can be held easily. Lots of numbered illustrations.	Adult Nonfiction	736.4 Nav

Title	Collection	Call Number
<p>Woodworking by John Kelsey 8.5 x 0.4 x 11 inches / 112 pages / 1 pound This does not feel or look like a child's book at all except that it shows children doing the projects. It gives step-by-step instructions for simple projects with lots of photos and diagrams. Lots of tools are shown.</p>	Children's Nonfiction	J 684.08 Kel
<p>The Woodworkers by Bobbie Kalman 8 x 0.2 x 10.8 inches / 32 pages / 5.6 ounces Discusses woodworkers in colonial times. A lot of text of a decent size, and plenty of interesting photos and diagrams. If a person still enjoys reading, they may enjoy reading it.</p>	Children's Nonfiction	J 684.0809 Kal
<p>Cool Metalworking Projects by Rebecca Felix 8 x 0.5 x 8 inches / 32 pages / 8.6 ounces Step-by-step instructions for simple metal projects with photos of hands doing the work.</p>	Children's Nonfiction	J 684.09 Fel
<p>Construction Zone by Cheryl Hudson 9.7 x 0.2 x 10.6 inches / 32 pages / 7.2 ounces Large print that might be overly simplified. The pictures are large and simple. Most 2-page spreads have one page that is entirely photo.</p>	Children's Nonfiction	J 690 Hud
<p>How Did They Build That by Nancy Masters 8.5 x 0.5 x 8.5 inches / 24 pages / 7.2 ounces Large print text easy to read opposite single photographs on each 2-page spread. Part of a series.</p>	Children's Nonfiction	J 690.837 Mas
<p>We Need Plumbers by Helen Frost 6.2 x 0.2 x 7 inches / 24 pages / 5.6 ounces Appropriate for more advanced dementia. Extremely simple text opposite photos of people working.</p>	Children's Nonfiction	J 696.1023 Fro

Handy Man – ACTIVITIES

- Purchase a simple woodworking kit in a craft store; for example, a bird house.
- Things to list: types of wood, tools, machinery. They might enjoy writing the list.
- Watch for things to give a person that can be disassembled and reassembled.
- Consider current abilities and safety - Dull the knife on a multi-tool and keep it in a pocket of the person with dementia. Periodically ask for it to fix something. Use the pliers or screw driver to do some small task then hand it back. Let the person fiddle with it folding the tools in and out when they find it in their own pocket.
- Untie knots in string or small rope.
- Sand a piece of wood.
- Screw bolts through a length of board. Let the person put nuts (or wingnuts) and washers on the different sizes of bolts. (For someone who does not place small things in their mouth)
 - For someone who does place things in their mouth, you might run a bolt through 2 lengths of board with a gap between. Place nuts on the bolts between the two boards so that they can be screwed up and down the length but cannot be taken off.
- Have an assortment of PVC pipe and connectors that can be assembled and disassembled.
- Organize a tool box. Wipe tools off with a lightly oiled cloth to clean them.
- Sort sockets, nuts, bolts, washers or other tools by size.
- Consider current abilities and safety. Watch for small tasks that can be done like tightening the handles on the kitchen pans or changing light bulbs,
- Visit a hardware store and talk about the tools and projects that can be done.
- Count and wrap coins.
- Sort wire ties. Apply wire ties around a board, pipe, or rod.
- Sort bungee cords or clamps. Apply clamps to a board or two boards.
- Screw lids onto bottles.

Tips

Involve the person fully in daily life. Treat them as a productive, useful part of the group, and they will feel like a useful, productive part of the group.

Be sure to thank them for any job done. Dementia interferes with a person's ability to see the value of their own work, so be sure to tell them.

Benefits

Preserves dignity and a strong sense of identity to be able to continue touching and using things from life before a diagnosis.

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer's Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.