The Rosemary: the diary of my heart for my mind

"There's Rosemary, that's for remembrance..."
W. Shakespeare

R. Francia*
A. Fabbo, P. Bruno**, L. Guidi*, A. Pirani*

Dementia Programme, Public Health Agency and Unimore, Modena-Italy;
* Giovani nel Tempo onlus and ** Amnesia Association Onlus, Napoli-Italy
Successful aging requires resilience that needs to collect information about the health status and to point out some few and simple rules for a best quality of life, both in independent or dependent elders.

At this purpose, we prepared “The Rosemary”, a diary that helps the aged persons and/or their caregivers to plan and carry out the daily activities like playing a game.
The Rosemary is useful for the older persons without cognitive impairment, CDR 1 to build the track of time and monitor the right implementation of the daily tasks and activities.

Moreover, the caregivers can use the Rosemary to evaluate daily the quality of life while caring the elderly.
Brain Health: The Importance of recognizing Cognitive Impairment

IAGG Consensus Conference

John E. Morley, MB, BCh, John C. Morris, MD, Marla Berg-Weger, PhD, LCSW, Soo Borson, MD, Brian D. Carpenter, PhD, Natalia del Campo, PhD, Bruno Dubois, MD, Keith Fargo, PhD, L. Jaime Fitten, MD, Joseph H. Flotherty, MD, Mary Ganguli, MD, MPH, George T. Grossberg, MD, Theodore K. Malmstrom, PhD, Ronald D. Petersen, PhD, MD, Carroll Rodriguez, BSW, Andrew J. Saykin, PsyD, Philip Scheltens, MD, Eric G. Tangalas, MD, Joe Verghese, MBBS, Gordon Wilcock, MD, Bengt Winblad, MD, Jean Woo, MD, Bruno Vellas, MD

Table 4
Recommendations for the Management of Early Cognitive Impairment

1°
- Spend enough time with the patient and, when appropriate, family members, to ensure maximum understanding of the condition and recommended care. Provide written instructions. When necessary, engage a care partner to help carry out recommendations.
- Identify all potentially reversible causes of cognitive impairment.

2°
- Provide advice regarding **lifestyle practices** and follow-up on implementation:
  i. The Mediterranean or similar diet including olive oil
  ii. Physical exercise
  iii. Intellectual activities
  iv. CST for persons with early or moderate AD
- Discuss the potential use of cholinesterase inhibitors in persons with AD
- Encourage the person to develop advanced directives for health, legal, and financial matters, and follow-up on whether this was done
- Educate the patient and family through recognized specialty organizations (eg, the Alzheimer’s Association in the US)
- Address, and take steps to avoid, major risks associated with cognitive impairment (eg, money management, “safe return” bracelet, appropriate disposition of unsafe tools and guns, driving)
- Encourage identification and use of support services (eg, support groups, family and friend engagement activities)
- Talk about potential research participation and help the person to make his or her own informed decisions
1°: Risk factors for cognitive decline

2°: Recommendations for healthy brain

A 2 year multidomain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people (FINGER): a randomised controlled trial


Boost your brain by working out:
Best exercises to slow cognitive decline

Many studies suggest that regular exercise could be one of the ways to maintain brain health as we age, helping to prevent to onset of Alzheimer’s disease. (© Alija/Istock.com)
The Rosemary: an idea from a general practitioner and geriatrician

The Rosemary is a DIARY dedicated to ...

The daughters and the sons of people with dementia who are scared of getting sick of the same disease and need to train memory in order to feel reassured.

People “forgetful” who knows that training the brain is important as training the legs.

People who still wish to play.

The persons who are at the beginning of a pathological path that will be difficult.

The medical care staff, nurses, social workers and caregivers in order to use it, to criticize, to improve, to make it one more beautiful and useful.

The families and the caregivers who can use the agenda and its content for “reactivate” their loved ones with dementia, to keep them healthy to the best of their ability.

My teachers who were able to infuse the love for the geriatrics and the gerontology that is also the love for a life worth living.

Roberta Francia *, MD
The Rosemary diary: for who and why

..In my long physician family activity, I followed and follow at home so many elderly people. The need to have informations on the activities of daily life in a home visit, usually scheduled once a week, led me to create a reminder to be completed by the caregiver or by the patients themselves, if cognitively reliable, for monitor daily activities and disturbances that occur during the interval between my visits. In this way I'm able to know every small changes on the life and on the sick between an home visit and other...
The meeting with association “Giovani nel Tempo”, that has among his objectives the promotion of the research on ageing, it lead the realization of the Rosemary.
Starting from my experience with the need to monitor the patient at Home, Rosemary was thought as diary-agenda designed and dedicated to the all the old people to monitor their daily life....
The diary has been planned to be used without instructions, but simply using intuition. The daily use of The Rosemary is facilitated with pictures and icons that accompany simple questions.

The first part makes reference to the traditional ROT (CST) – Reality Orientation Therapy: day, month, year, seasons, temperature.

The second part collects the signals and symptoms of daily life: mood, medications, nutrition, hydration, constipation, sleep, fitness, mental exercises, pain.
<table>
<thead>
<tr>
<th>Week from day: 12</th>
<th>to day: 19</th>
<th>today is: M</th>
<th>Month: February</th>
<th>Year: 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>Summer</td>
<td>Fall</td>
<td>Winter</td>
<td></td>
</tr>
<tr>
<td>Today I am</td>
<td>What's the weather like?</td>
<td>Degree</td>
<td></td>
<td></td>
</tr>
<tr>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td></td>
</tr>
<tr>
<td>smile face</td>
<td>smile face</td>
<td>frowny face</td>
<td>snowflake</td>
<td>sun</td>
</tr>
</tbody>
</table>
### What did I eat today

<table>
<thead>
<tr>
<th>Time</th>
<th>Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 am</td>
<td></td>
</tr>
<tr>
<td>12 pm</td>
<td></td>
</tr>
<tr>
<td>16 pm</td>
<td></td>
</tr>
<tr>
<td>20 pm</td>
<td></td>
</tr>
<tr>
<td>... pm</td>
<td></td>
</tr>
</tbody>
</table>

- **Food Items:**
  - Pasta/ bread
  - Fruit
  - Vegetables (legumes)
  - Cheese/milk
  - Eggs
  - Fish
  - Meat
  - Sweet

### How much I drink?

**N° of glasses:** 5

**Yes**

**No**
<table>
<thead>
<tr>
<th>Did I sleep?</th>
<th>Did I do gymnastic? with the legs? with the brain?</th>
<th>Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes No</td>
<td>Yes No</td>
</tr>
<tr>
<td>Little</td>
<td>Way (max)</td>
<td>Head Body Linbs</td>
</tr>
<tr>
<td></td>
<td>Way (max)</td>
<td>0 it doesn’t hurt 1 it’s not so bad 2 it hurts enough 3 it hurts a lot 4 it hurts very bad</td>
</tr>
</tbody>
</table>
Every 7 days some pages have been inserted as a *reminder for the weekly events*, like *grocery shopping*, *payments*, *doctor’s visits* and for the *self-evaluation* of physical and mental training done during the week.
There are two pages reserved for medications, their commercial names, instructions of use, time and method of assumption, number of spare boxes.
# My medications

<table>
<thead>
<tr>
<th>Le mie</th>
<th>Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrivere il nome del farmaco o attaccare etichetta</td>
<td>1</td>
</tr>
<tr>
<td>Compresse - Punture Gocce - Sciroppo - Buste - Cerotto</td>
<td>1</td>
</tr>
<tr>
<td>Colazione</td>
<td>Pranzo</td>
</tr>
<tr>
<td>Ogni giorno</td>
<td>1</td>
</tr>
<tr>
<td>Per 5 giorni</td>
<td>2</td>
</tr>
<tr>
<td>Per 5 giorni</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>8</td>
</tr>
<tr>
<td>Ogni 2 giorni</td>
<td>9</td>
</tr>
<tr>
<td>Ogni 7 giorni</td>
<td>10</td>
</tr>
<tr>
<td>Ogni 15 giorni</td>
<td>11</td>
</tr>
<tr>
<td>Ogni 30 giorni</td>
<td>12</td>
</tr>
</tbody>
</table>
At the end of “The Rosemary” there are some useful pages regarding advises for physical activities, games for memory training, curiosities, address and telephone book, consulted and suggested web pages.
Physical exercise to reactivate the articulations

edited by Daniela Arvegna and Antonella Cerchier

Exercises to do every day (or at least three times a week)
Attention! You must not feel pain.

The gymnastic session should not exceed 20 minutes. You can do 2 sessions a day.

The starting position in standing, with your legs and your feet a part, or sitting in a low chair with your feet flat on the ground.
Exercises for the brain

edited by Ennio Peres

Lateral puzzle by Ennio Peres, a famous Italian enigmist and mathematician
Scams against the elderly, vademecum and advice to avoid them

1) Keep out the strangers from your house, especially when you are alone, and distrust of people who came to see you at unusual hours.

2) Checks through the people of the door and if you are dealing with a person never seen before open with the chain attached. If the stranger wears a uniform or claims to be an employee of an utility company insured by whom it was sent and why.

    IN DOUBT DO NOT OPEN!

REMEMBER:
1- No utility company sends staff home for the cash payment of bills, invoilces or defunds.
Conclusions

The Rosemary diary is a simple and economic tool, a pair of "memory glasses", that helps to maintain, organize and consolidate memory for every daily activity.

If the initiative continues to have success, a mobile app of the diary will soon be available.

Mrs Beatrice, 86 years, an entusiastic “Rosemary diary” user

www.giovanineltempo.it
In memory of
Roberta Francia, MD
General Practitioner and Geriatrician

1953-2017

“There’s Rosemary, that’s
for remembrance...”

W. Shakespeare

www.giovanineltempo.it
Thank you

Kyoto Metro,
Japanese season's