

Calmer By Nature DVD

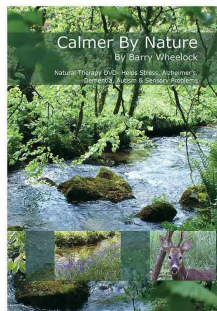
Code: CBN-DVD-1

Price: £14.99 incl. VAT You Save 25%

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VAT Relief Eligible: Yes (£12.49 with VAT relief)

Delivery: £3.95 incl. VAT per order



The **Calmer By Nature DVDs** is a journeys through Britain's wildlife with rivers, deer, hedgerows, woodpeckers, badgers, curlews etc, with nature's sounds and calls.

Uninterrupted by humans, this DVD is a calming & soothing hour long adventure. The animals are unaware of any human presence, and this, along with no voiceover, brings a close experience with nature to the television screen.

Comparison

Calmer by Nature DVD (this product) - The original Calmer by Nature DVD, a continuous 57 minute DVD with no scene selection.

Calmer by Nature 2 - A follow-up DVD to the very popular Calmer by Nature 1, a 1 hour 7 minute showing with all completely new scenes. Calmer by Nature 2 also includes a 26 chapter menu for easier browsing.

Alzheimer's & Dementia - What we like about this product

In the modern world we are all surrounded by ugly man-made structures & buildings that aren't aesthetically pleasing, even for people with no memory impairment.

However, we all have memories of nature from our childhood, the older generations have more of these memories as they spent many more hours outdoors than recent generations; people with Alzheimer's & dementia will still recognise all of the animals & sounds in this CD, it may even be the first time they've heard them for many years.

This DVD brings familiarity & entertainment to people with Alzheimer's & dementia, whilst also promoting communication & discussion in groups.

Sundowning Research & Calmer by Nature

Reports that he has just finished 3 month study with Somerset Care and the managers are excited about the results. Sundowning is a condition that afflicts dementia sufferers when - as the title suggests -- the sun goes down. Symptoms include anxiety, aimless walking, and injury.

The experiment was simple. We played Calmer By Nature DVDs when the sun went down during a three month period from April to September. Results show a general fall in anxiety over the short to medium term; a topical fix when required, and a general relaxant when the DVDs were played in a reception area. (Source Dr Craig Knight)

I think from a practical application point of view the study would suggest that in the initial weeks residents much preferred to watch the DVDs as opposed to ordinary TV and during that period there was significant reduction in anxiety, but over time they moved back to the TV lounge and the benefit therefore dropped off.

This would suggest the best way to get a sustained benefit is to play DVDs periodically and when anxiety levels are high.

Dr Craig Knight of Exeter University PhD MSc CPsychol HPC HRF (Exon) BSCAH

Running Time: 57 minutes

How to Order

Orders can be placed securely online at AlzProducts.co.uk - or over the phone with our UK sales team.

Call 024 7642 2224 to place your order or for further information. This product's order code is CBN-DVD-1.