

FRANK AND TESS - DETECTIVES!

A Children's Activity Book about
Frontotemporal Degeneration (FTD)



Activity book developed by: Dr. Tiffany Chow, Senior Scientist and Behavioural Neurologist, Rotman Research Institute, Baycrest; Associate Professor, University of Toronto, and Gail Elliot, Gerontologist and Dementia Specialist, DementiAbility Enterprises, Inc.



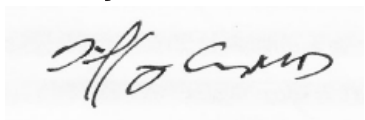
Creative art and content design:
Mary Bakowski Coyne & Shanti Coleman, Atomic Orange Productions, 2012

Dear Parents, Family and Friends:

Frontotemporal Degeneration, also known as FTD, is an illness that affects the brain. This activity book was created to help children, ages 5-9, who are living with a parent affected by FTD. Although every patient and family experiences FTD in a unique way, this activity book introduces situations that may be familiar to those who are living with FTD. Our goal is to provide valuable, age-appropriate information about FTD and to offer some helpful coping skills for children. Many of the activities have been specifically designed for the child and parent with FTD to do together. To reinforce lessons in this book, we encourage both parents to engage in the activities. Visit our website (presented below) to download additional copies of this workbook.

Tiffany Chow

Gail Elliot



This activity book belongs to

.....

(Child's name)

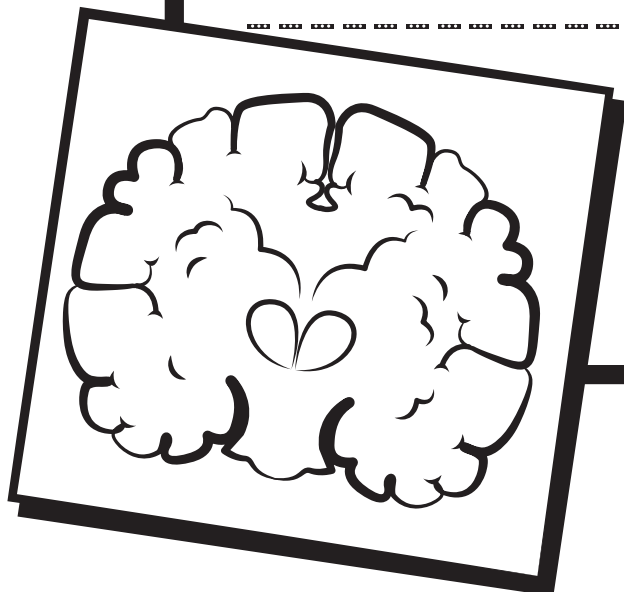
My age is **I am a detective for**

..... &

(Parent's name)

.....

(Parent's name)



This activity book may be reproduced. To print a copy, go to www.lifeandminds.ca/whendementiaisinthehouse/ts_sec5.html

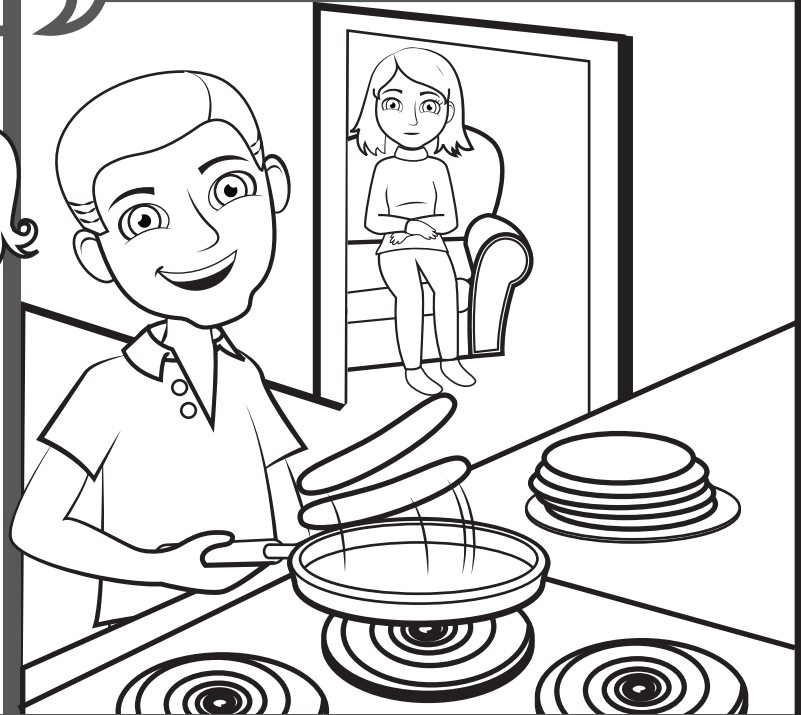
MEET FRANK AND TESS!

Colouring Page

Hi! I'm Frank and this is my little sister Tess.



This is our Dad. He's a great cook! He likes to make us pancakes.

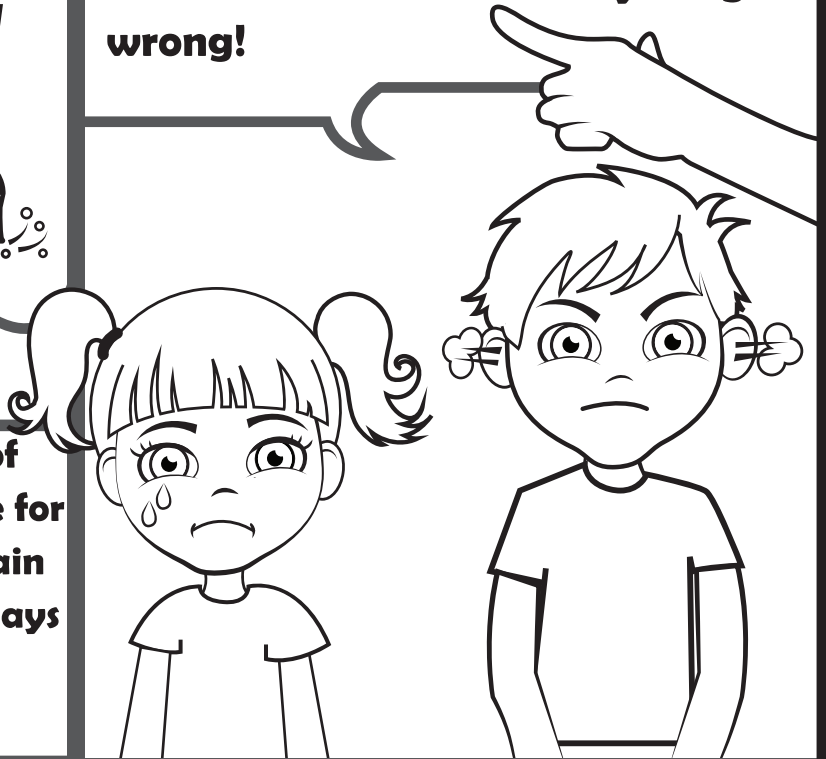


This is our Mom. Sometimes we like to watch T.V. together.



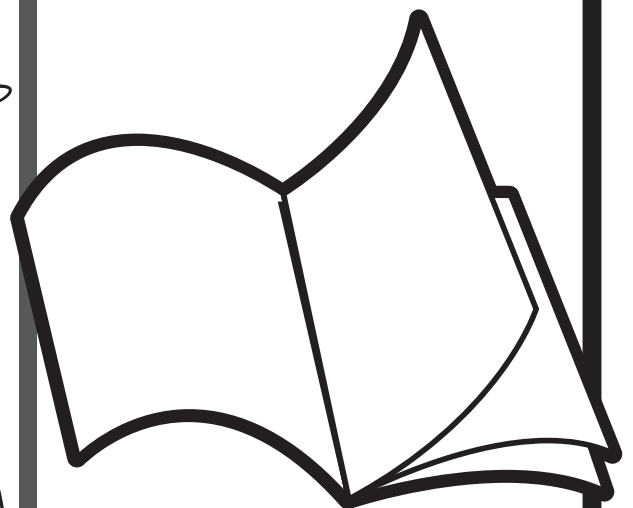


Sometimes FTD keeps Mom from saying the right things, or it makes her do some really silly stuff like yell at the T.V., or even Tess and me when we didn't do anything wrong!



Dad works hard to take care of our family. He does even more for us now because Mom has a brain illness called FTD. Our doctor says some families have a Dad and others have a Mom with FTD.

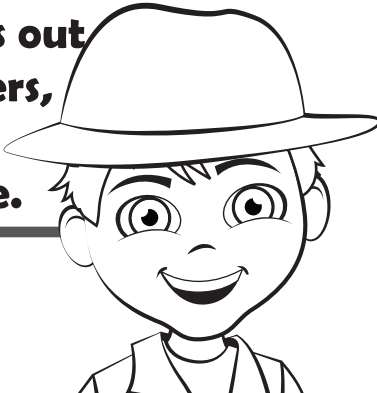
When Tess and I feel sad that things aren't the way they use to be, we play FTD detectives!



**You can play too!
Just follow the clues and activities in this book!**

WHAT IS FTD?

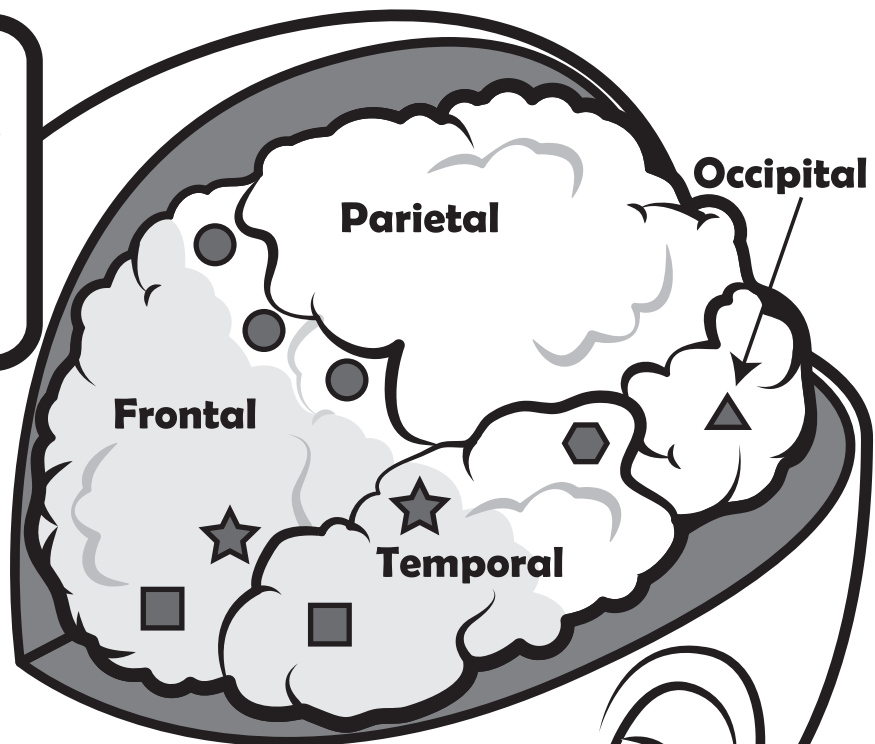
The brain is the big boss in our body. It figures out how to talk to others, behave, and move from place to place.



FTD injures the parts of the brain in gray below. Draw lines from the brain's jobs to their shapes on the brain to see which jobs become harder for parents with FTD.

Body movements, like walking, are sometimes changed by FTD. Some people are jittery and move too fast, while others might not move as well as before they had FTD.

● MOVEMENT



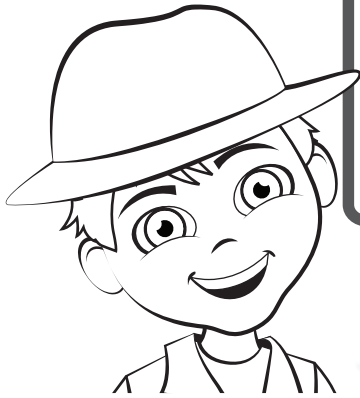
FTD makes these actions difficult.

★ TALKING
■ EMOTIONS & BEHAVIOUR

These things are not changed by FTD.

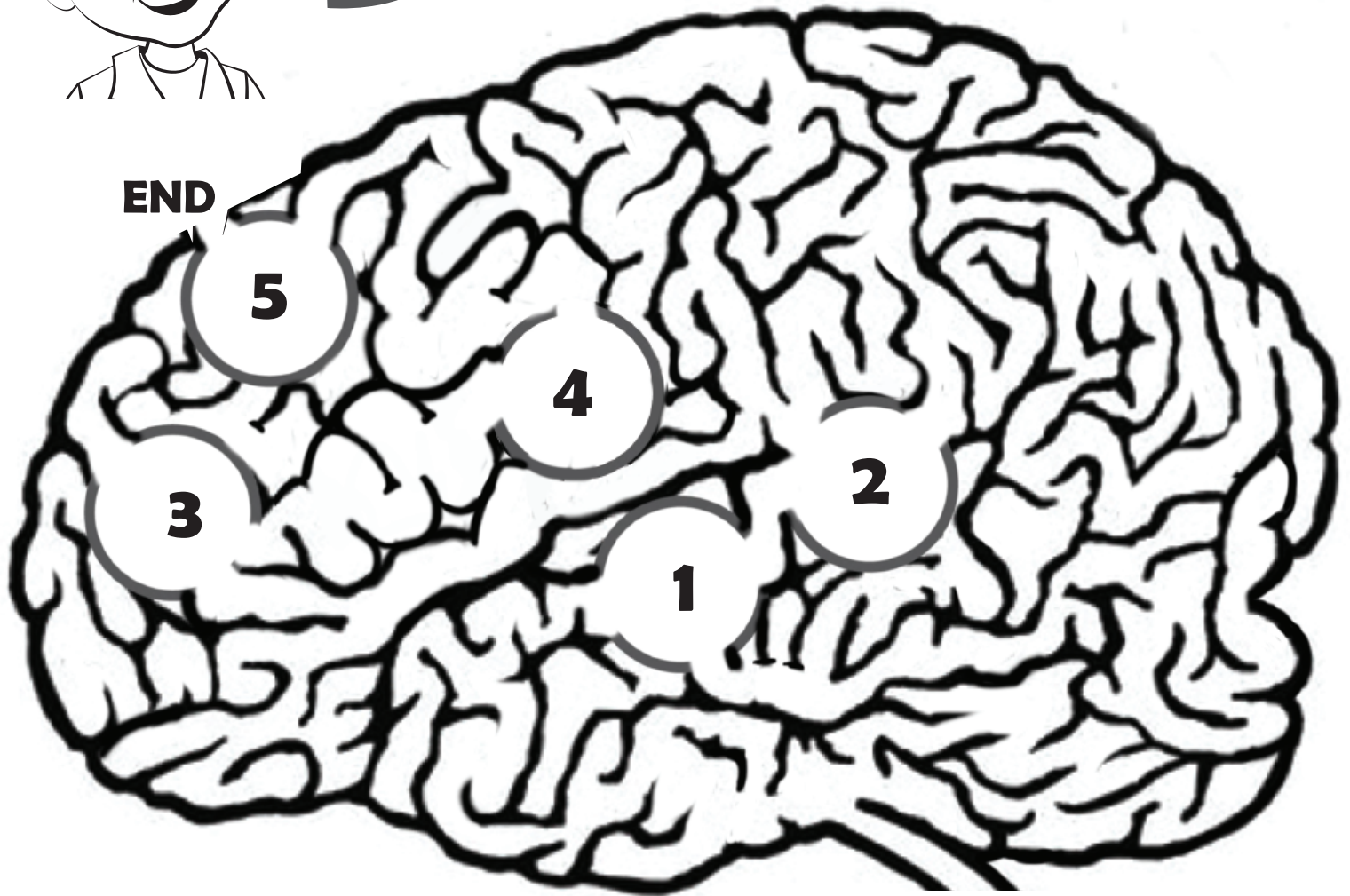
▲ SIGHT
◈ HEARING

BRAIN MAZE



Follow the maze from start to end to see how our brain helps us have a conversation.

- 1) hearing sounds
- 2) understanding words
- 3) creating an answer
- 4) saying the answer out loud
- 5) paying attention to what the person says



END

5

4

3

1

2

START

Sometimes Mom can say things that make people think she's a rude person. If that happens, it helps to explain that she has a brain illness that makes it difficult to control what she says.



WORD SEARCH

If someone in your family has FTD, you may have heard a lot of new words. Some of these words are listed below. You may already know what some of them mean. Circle the words you already know and then find all the words hidden in the word search below.

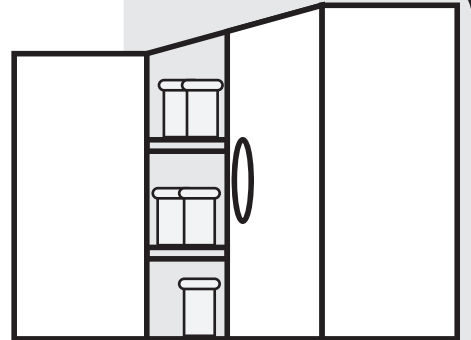
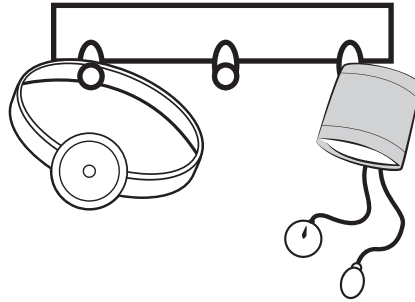
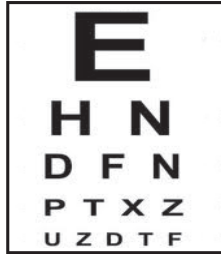
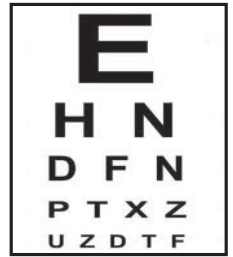
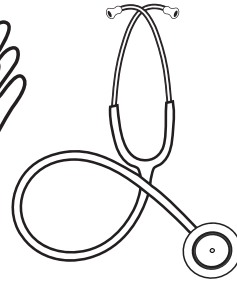
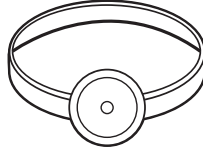
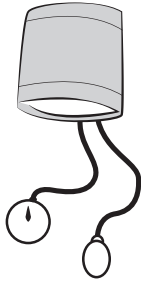
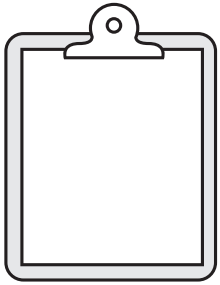
- 1. Frontotemporal degeneration** – That's the name for FTD. It is a brain illness that changes behaviour, mood, and language. It can last for years.
- 2. Patient** – If your mom or dad has FTD, then they are a doctor's patient.
- 3. Behaviour** – When you have played nicely, because you shared your toys and got along nicely with others, you may have been told that you have been well-behaved. A person with FTD often finds it hard to control the way he/she acts.
- 4. Mood** – Happiness and sadness are both different types of moods. When a person has FTD their mood does not always make sense to others.
- 5. Memory** – Your memory helps you to remember people, places, things and actions, such as how to ride a bike. A person with FTD remembers most things in the early stages but after a few years they have difficulty remembering things.
- 6. Aphasia** – people with aphasia have trouble using words and speaking in sentences.
- 7. Neurologist** – A neurologist is a doctor who looks after patients with problems in the brain, spinal cord, nerves, and muscles.
- 8. Psychiatrist** – A psychiatrist is a doctor who helps patients to feel better when they are sad, nervous or very irritable.
- 9. Symptom** – Sometimes patients feel and behave differently than they did before their brain was affected by FTD. Sneezing is a symptom of a cold. Unexpected or unusual behaviour is a symptom of FTD.
- 10. Medication** – Medication can be given as a pill or a liquid, like cough syrup. It is important the patient follows the doctor's instructions for medication.

Find and circle the words listed above that are hidden in this grid.

I C A O C H I A T R I E N T A P H A R B T R I M U S
F R O N T O T E M P O R A L D E G E N E R A T I O N
P A T E M O O P O P A I R A S Y M W T H M H Q E U R
G F T U P O T E M P O R A Y D H M W N A P A T I O N
V O I R R A T I O N E D I C O R A I R V O N E A N G
I C F O A A C D P G E N T P A P H A S I A R A H B I
O A I L O O D P O R A Y D H M W N R A O I U S A R S
U M A O M E D I C A T I O N F L G J K U H A S S N T
R E H G S A I R A H J P S Y C H I A T R I S T Y U T
E M A I Y O R A M O O D T I O N E N S E M E O M R O
M O S S M E D I E L I R A F Q R S U Y M P U N P R U
O R Y T P H J F M A I R P A T I E N T O T U N T E X
R A V E D I E N O P S Y C H I A F V W R O H I O X H
E C D P L I A M R W F L G L G M W X J E N T A M S M
A A R A T E M O Y B A T E M O E D I C A T I O D I W

PICTURE SEARCH!

People with FTD are good at puzzles like this.

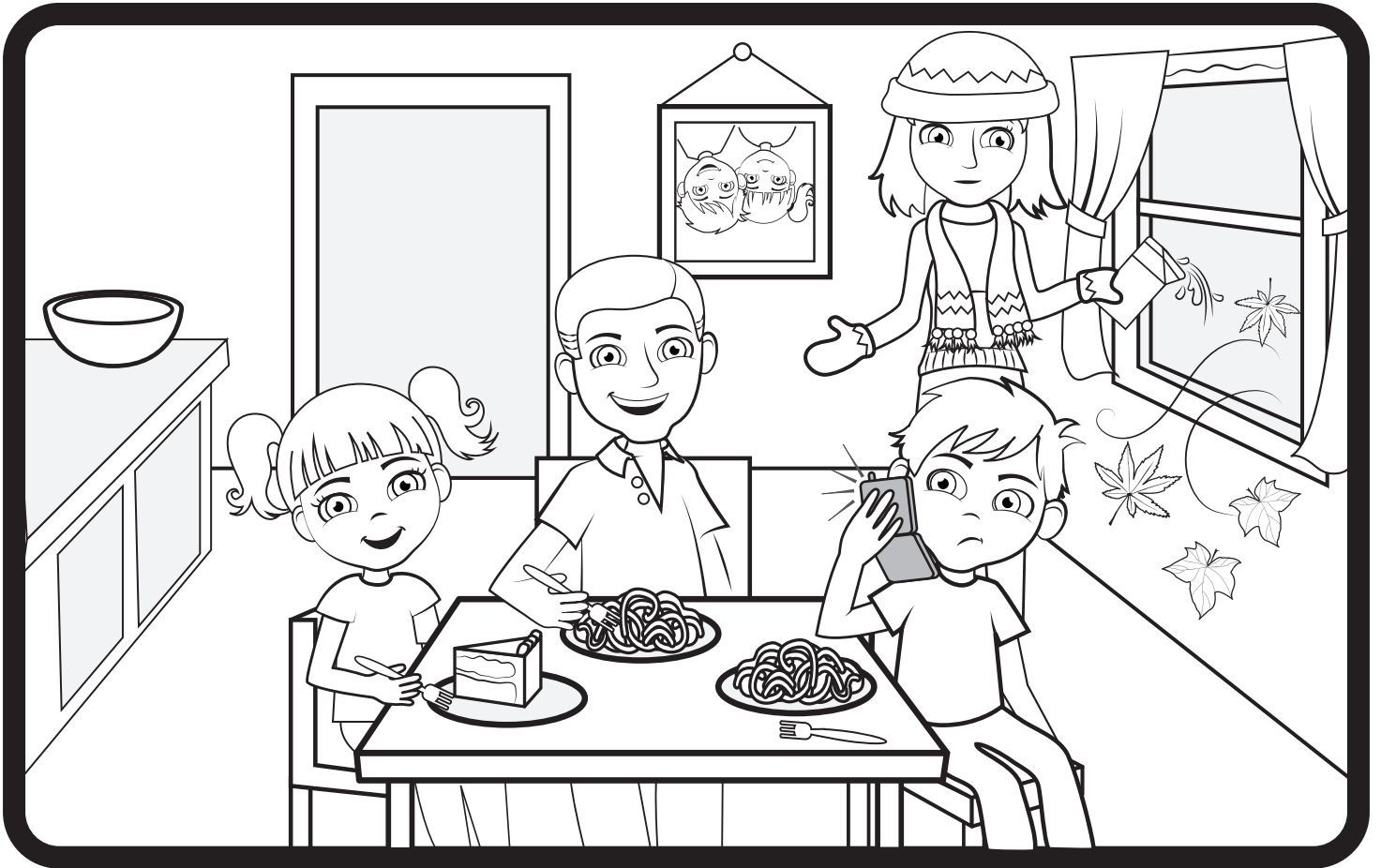


Use your detective skills to find the items above. Circle them!



SPOT THE PROBLEMS

People with FTD sometimes have trouble recognizing that things are wrong. Let's investigate! There are 6 things wrong in this picture. Help your parent with FTD find and circle them.



What would you do to fix each problem? Write your answer below and then discuss with a parent.

1.
2.
3.
4.
5.
6.

PUT IT IN ORDER

Sometimes FTD makes Mom do things out of order, like putting her coat on first and putting her shirt on second! She needs help to do things one step at a time. Figuring out what to do first is now a challenge for her. Each row of pictures is out of order. Help put them back in order by numbering them 1, for the picture that goes first, 2, for the picture that goes next and 3 for the one that goes last.



In which order do we get dressed?

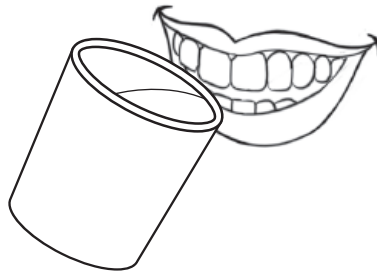


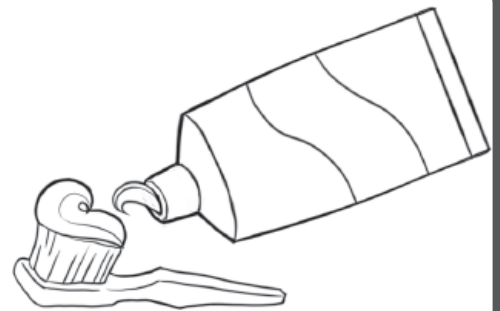




In which order do we brush our teeth?







In which order do we rake leaves?

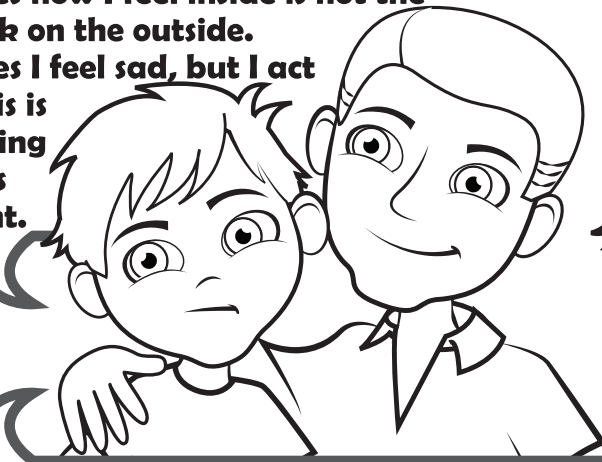






SHARING FEELINGS

It can be hard to figure out feelings. Sometimes how I feel inside is not the way I look on the outside. Sometimes I feel sad, but I act mad. This is why sharing feelings is important.

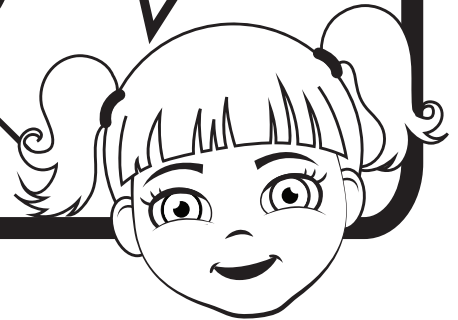


When I share my feelings with people who love me, like my Dad, they understand me better.

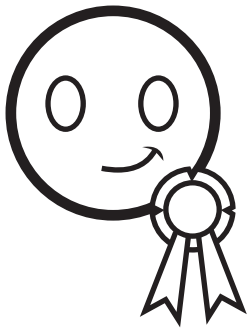
It's hard for Mom to explain how she feels. We love her, but we don't always understand her.



Draw a line to the picture that looks most like each feeling!



There may be more than one face for each of these feelings:



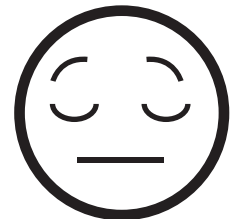
Happy- You feel loved, safe, and healthy.



Confused- You are not sure what to think and sometimes you can't make a decision.



Sad- You feel unhappy.

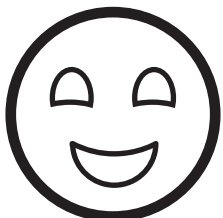


Embarrassed- You are worried what others think.

Angry- You feel mad.



Proud- You feel pleased about what you have done or about what someone else has done.

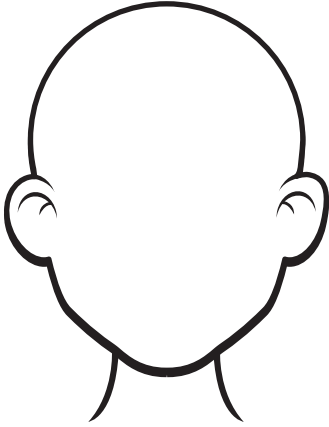


DRAWING FEELINGS

Play this game with your mom or dad. Imagine how Frank or Tess might feel in each situation described in the centre box and then draw a face to show how they might be feeling. Then ask your mom or dad to draw a face to show how they think Frank or Tess would feel. Compare your pictures. Remember, not everyone feels the same way about everything.

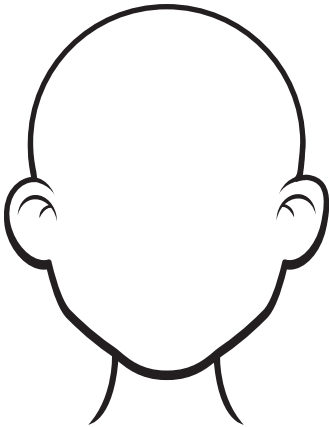
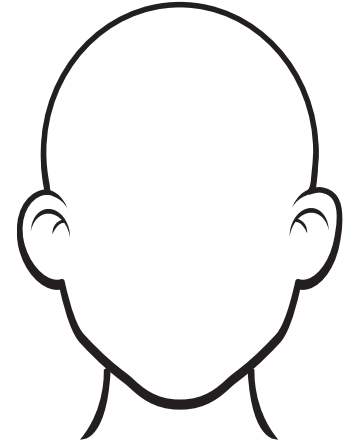
MY name

PARENT's name



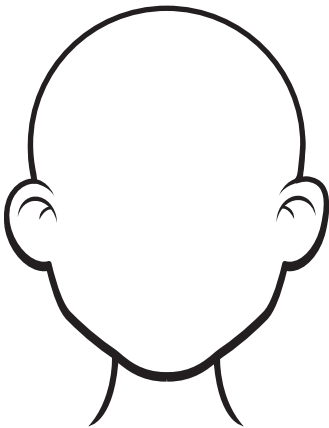
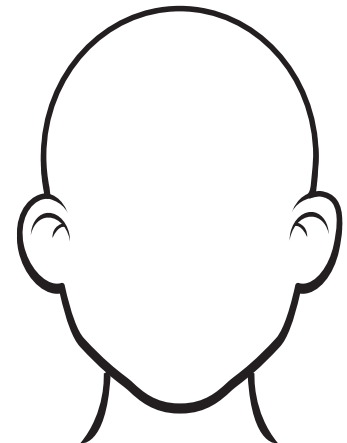
Sometimes Frank can hear his mom yell at his dad for something he knows his dad did not do.

Draw how this might make Frank feel.



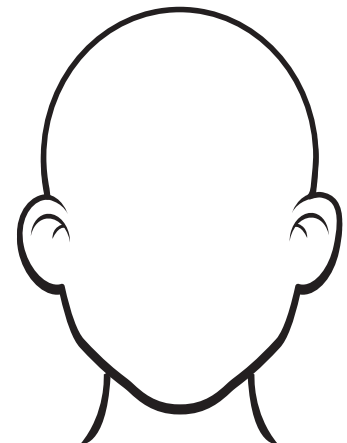
Sometimes Tess calls her mom for a ride home and her mom doesn't answer the phone, even though she knows her mom hears it ringing.

Draw how this might make Tess feel.



Sometimes when Frank gets excited about something, like getting the best mark on a test in class, his mom just doesn't seem to care.

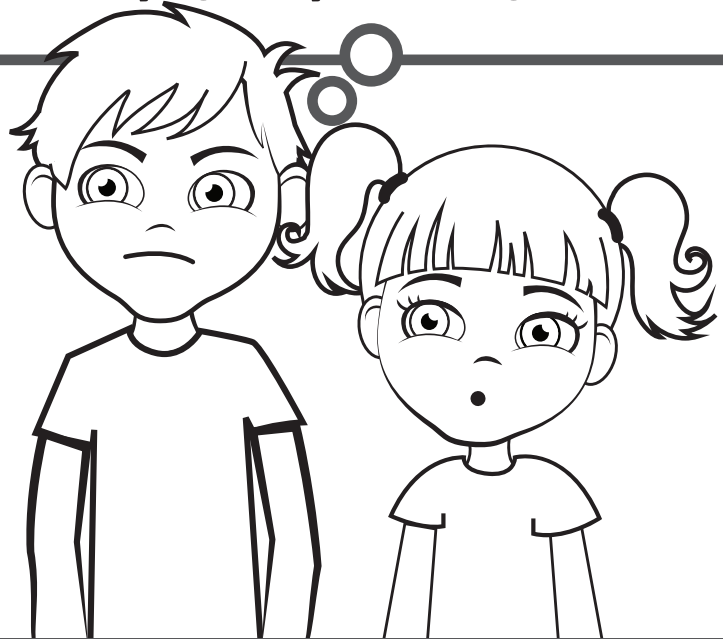
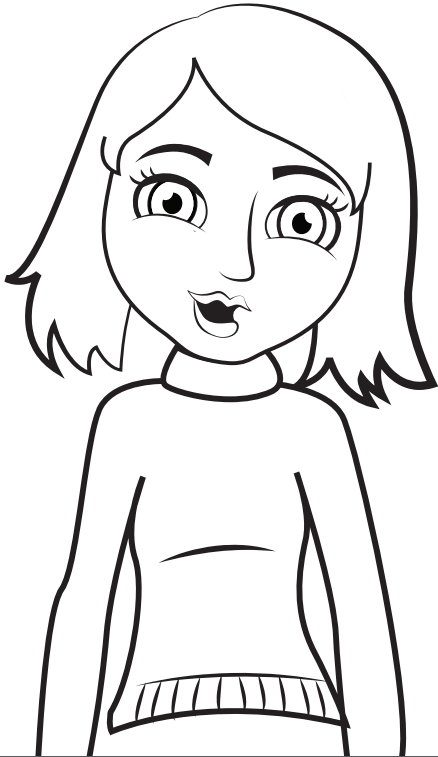
Draw how this might make Frank feel.



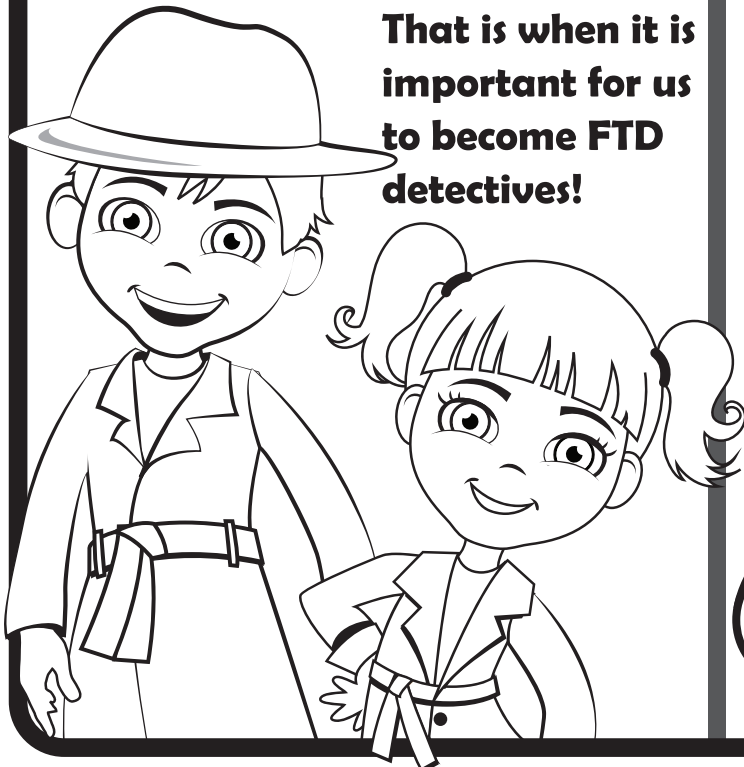
FTD DETECTIVES

ON THE SCENE

I find it hard to talk to Mom now that she has FTD. When I talk to her, I often feel like I'm solving a mystery. Mom can forget words, or use the wrong ones when she is trying to say something.



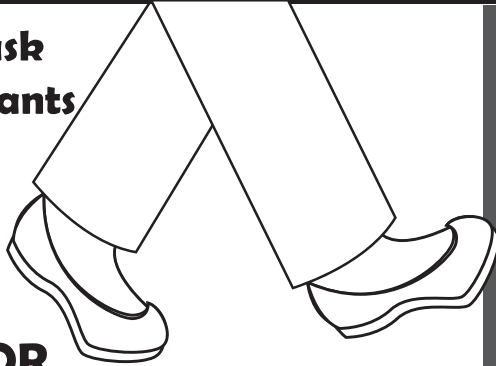
That is when it is important for us to become FTD detectives!



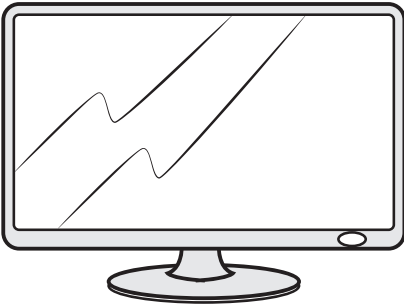
It's good to give Mom choices. It helps her decide what she wants to say or do.



We might ask her if she wants to go for a walk

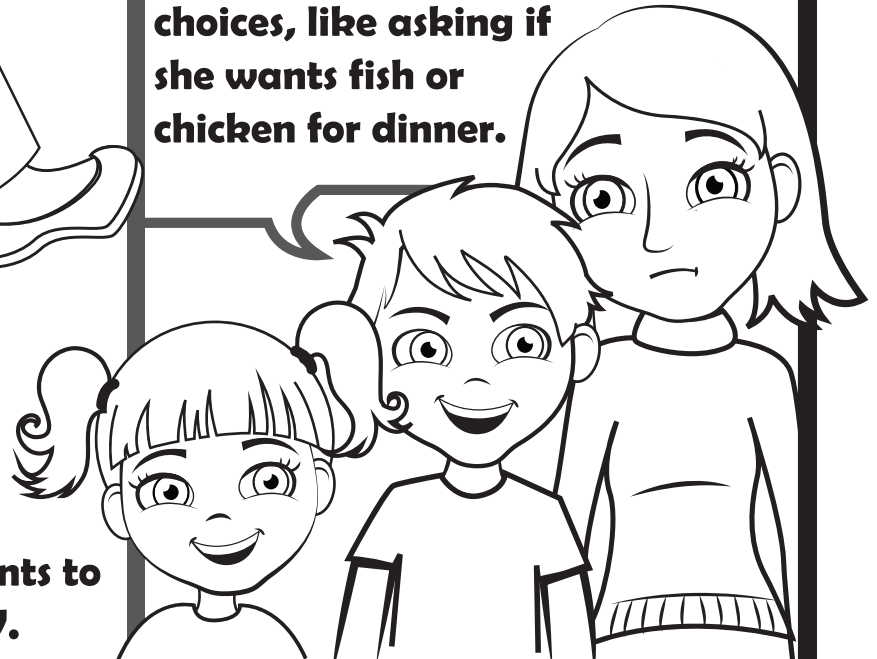


OR



if she wants to watch T.V.

We help Mom by giving her choices, like asking if she wants fish or chicken for dinner.



Dad reminds us that it's not our fault if Mom gets mad or sad all of a sudden, it's just because of the FTD. She still needs us and can still sense our love.



Dad says we are all going through this together. In fact, Tess and I have uncovered some new things we can all do together!



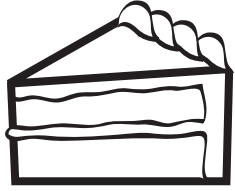
Painting is one of them, and Mom is really good!

Figuring out how to make things easier for Mom or finding new things we can do together is what being an FTD detective is all about! What kind of things can your family do together?

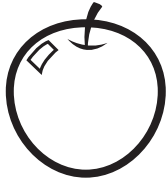
CHOOSE YOUR FAVOURITE

MY name

PARENT's name



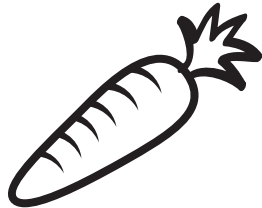
OR



OR



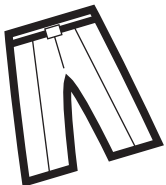
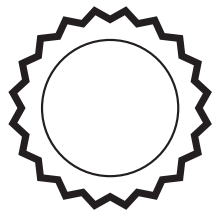
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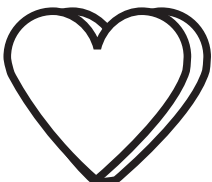
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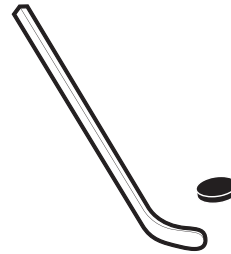
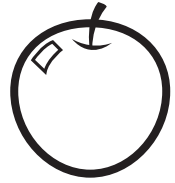
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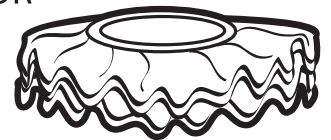
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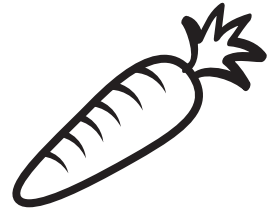
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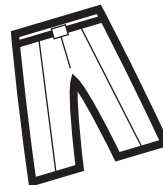
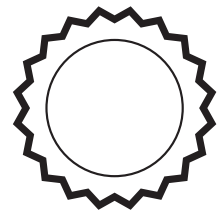
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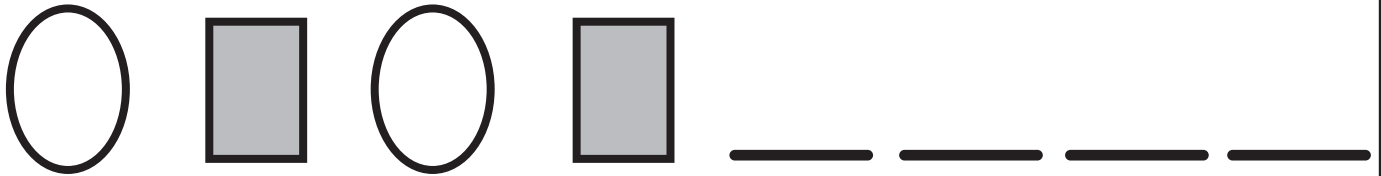
FINISH THE PATTERN



Two people can play this game! Take turns looking at the patterns and drawing the shapes to continue each pattern. When you're done with each pattern, fill in all the shapes that are alike with the same colour.



MY TURN



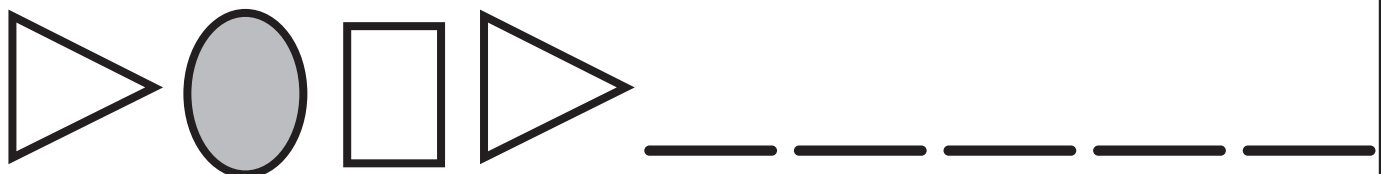
PARENT'S TURN



MY TURN



PARENT'S TURN



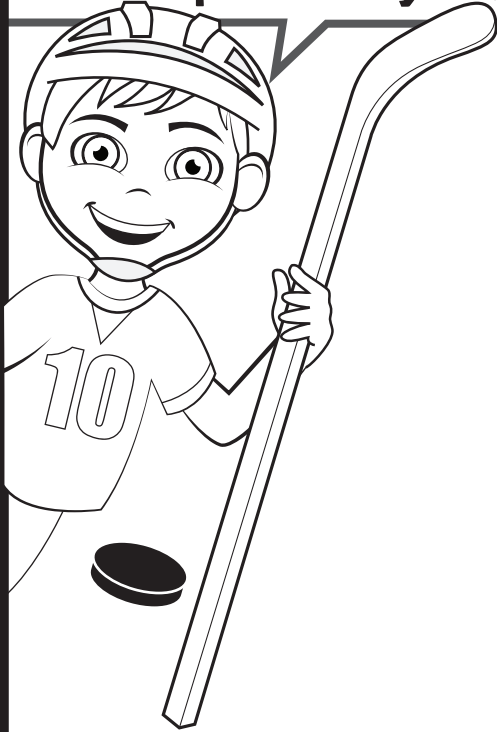
MY TURN



IT'S ALL ABOUT YOU!

Life doesn't have to totally change when you have a parent with FTD! It is important for you to continue to play with your friends, enjoy your sports and other activities and do all the things you like to do!

Draw a picture of yourself!



Finish the sentence below to best describe yourself!

My favourite sport is _____.

My favourite food is _____.

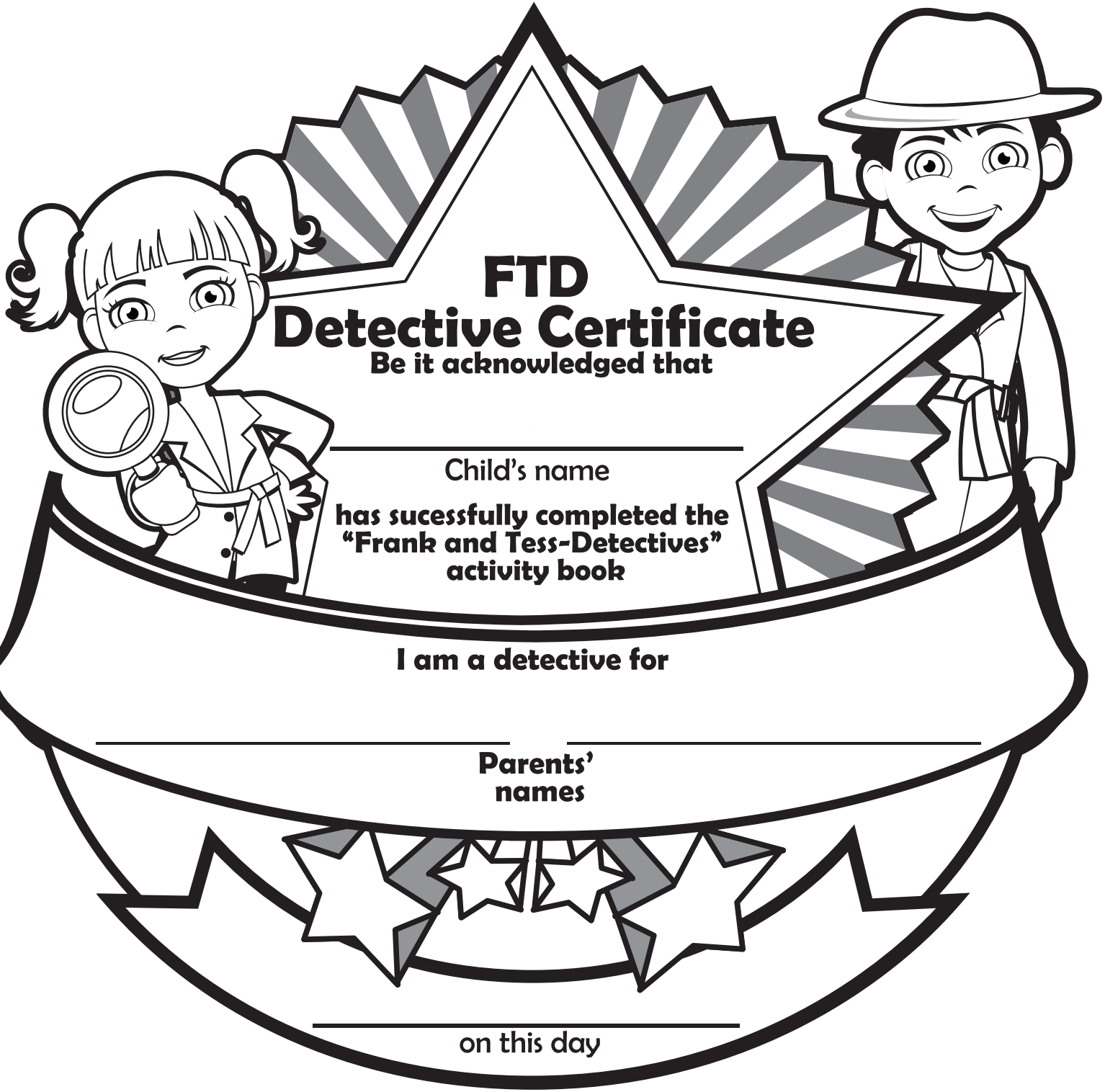
My favourite singer is _____.

My favourite subject is _____.

My best friend is _____.

My favourite thing to do is _____.

CONGRATULATIONS!



FTD
Detective Certificate
Be it acknowledged that

Child's name
has sucessfully completed the
"Frank and Tess-Detectives"
activity book

I am a detective for

Parents' names

on this day

For Tank and all the other children whose lives have been affected by FTD. Your strength is truly inspirational.

Notes Section