



# Sharing our Stories: Programming with Individuals with Dementia

Sojourn Adult Day Services

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Jennifer Hicks, MT-BC, RYT

“Those with dementia are still people  
and they still have stories  
and they still have character  
and they are all individuals  
and they are all unique.

And they just need to be interacted with on a human level.”

~ Carey Mulligan

## Important Considerations

- ✓ Environment
  - Visual
  - Auditory
  - Spacial/Relational
  
- ✓ Approach

✓ **Programs**

- Work ~ What activities help our clients feel valued for their wisdom & skills?
  - Reminiscence
  - Buddies
  - Lunch Volunteers
- Self Care ~ How can we turn assisting our clients in caring for themselves (as independently as possible) into an enjoyable and meaningful Sojourn program?
  - Bathroom assistance
  - Pampering (hand massages & makeup)
- Leisure ~ What gives our clients pleasure?
  - Reminiscence
    - Finish this...
    - Music, art and all other programs!
  - Music
    - Singing
    - Playing instruments
  - Art
  - Movement
    - Stretching
    - Dancing
  - What else makes our clients' days GREAT?
- Rest ~ What programs relax & re-energize our clients?
  - Active music listening
  - Guided relaxation & meditation

✓ **Individualization & Modification**

✓ **Resources**

- [https://www.alz.org/georgia/documents/Activities\\_for\\_People\\_with\\_Dementia.pdf](https://www.alz.org/georgia/documents/Activities_for_People_with_Dementia.pdf)
- [http://www.musictherapy.org/assets/1/7/MT\\_Alzheimers\\_2006.pdf](http://www.musictherapy.org/assets/1/7/MT_Alzheimers_2006.pdf)

**Action Items**

How can you intentionally incorporate these ideas into your programs at Sojourn?

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