

### **Alternative Therapies for Care - Answer Key**

1. **False** – Alternative therapies are non-pharmacological approaches that enhance quality of life.
2. **True** – Music therapy is a clinical, evidence-based approach that promotes wellness.
3. **True** – Personalized playlists can be beneficial without requiring a certified therapist.
4. **True** – Art therapy allows for self-expression and provides a sense of purpose.
5. **True** – Aromatherapy uses essential oils to aid in stress relief, sleep, and pain management.
6. **False** – Pet therapy has proven benefits such as reducing boredom, improving mood, and encouraging social interactions.
7. **True** – Reminiscence therapy helps stimulate the mind by recalling pleasant memories.
8. **False** – It is important to consult nursing staff and families to ensure safety and suitability.
9. **True** – These therapies can be especially helpful in later dementia stages.
10. **True** – Hospice providers may have trained professionals who can offer these therapies.