## Alternative Therapies for Care

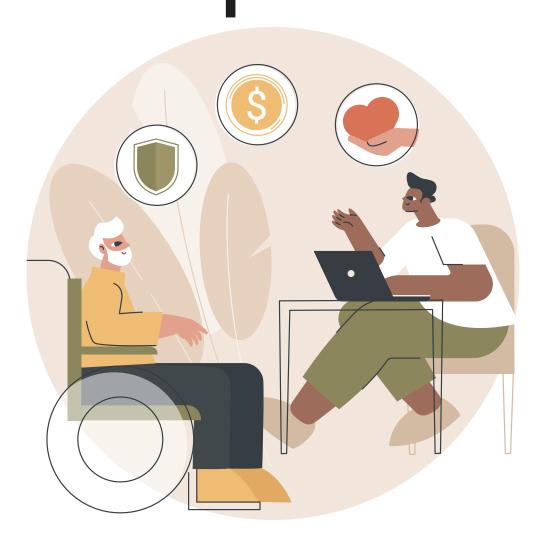
For Those Living with Dementia



NCCDP In-service Toolkit



# Introduction to Alternative Therapies



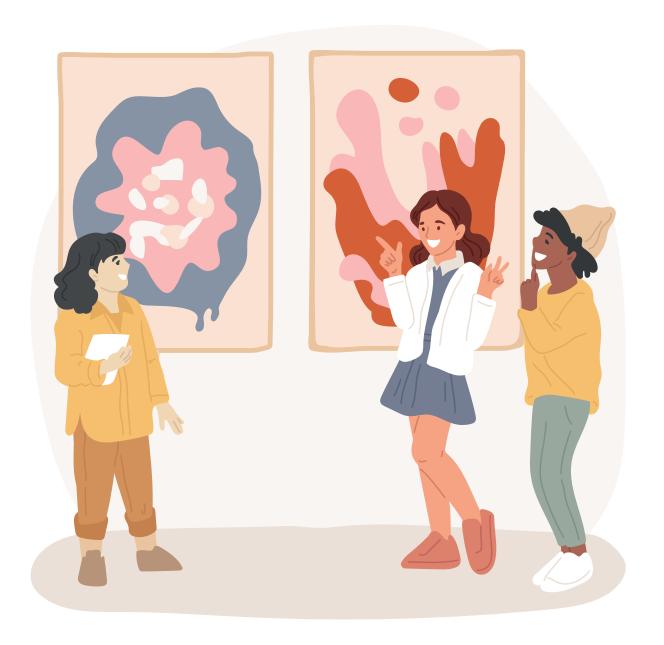
- Definition: According to <u>www.best-alzheimers-products.com</u>
   complimentary therapies that are non-pharmacological
- Importance: There is value to have various modalities that we can access that can enhance daily quality of life
- Overview of various examples could include pet therapy, music therapy, aromatherapy, reminiscing therapy, art therapy and more

### Music Therapy



- According to <u>www.musictherapy.org</u> is the clinical and evidence based music interventions to accomplish individualized goals with a credentialed therapist
- Benefits include: promoting wellness, manage stress, alleviate pain, express feelings, improve memory, improve communication
- Personalized music play lists can also provide benefit for a intervention that does not require a music therapist
- Check out SUZY Q Sing a Longs on Youtube for group sing-a-longs

### Art Therapy



- According to <u>www.arttherapy.org</u> art therapy is a mental health profession that enriches lives of individuals through active art making, creative process and applied psychological therapy
- Provides opportunities for self expression and creativity
- Arts and Crafts projects that are not specifically therapy can also beneficial to create a sense of purpose and self esteem by completing something of value. Such as making wreathes, birdhouses, paintings, and other projects using paint, clay ,markers other materials
- Adult coloring Art pages and colored pencils and markers can allow for residents to explore creativity in a adult appropriate way.

### Aromatherapy



- According to <u>www.healthline.com</u>
   aromatherapy involves therapeutic
   use of essential oils. It is a holistic
   treatment using plant extracts
- Modalities can include: air diffusers, lotions and oils
- This should be reviewed with your nursing team to be sure it is safe and appropriate for each resident
- Oils such as lavender can be used for calming and peppermint for invigorating
- Benefits can include: managing pain, improve sleep, reduce stress and agitation

### Pet Therapy



- According to <u>www.medicalnewstoday.com</u>
   pet therapy refers to the use of animals in a
   way to help people cope with and recover
   from a physical or mental health condition
- Animals can provide comfort and sensory interaction and solicit positive memories
- Benefits can include: reducing boredom, increase social interactions, improving mood
- Discuss with your nursing and leadership team the policies and procedures for having certified pets to work with your residents

## Reminiscing Therapy



- According to <u>www.verywellhealth.com</u>
   reminiscence therapy was introduced in
   the 1970's. It involves exchanging pleasant
   memories from the past.
- Benefits: This can stimulate the mind and improve overall well being
- Utilize the resident or client life story to identify specific meaningful events in someone's life to guide discussion
- Use approaches such as: Tell me about..../
   Can you share a time you...

# Value of Alternative Therapies



- These alternative therapies can enhance a well-rounded activity program for people living with dementia
- Consider finding a credentialed specialist to help facilitate or create therapeutic programs
- These approaches go beyond group recreation and can be therapeutic additions to a quality memory care program

## Key Takeaways



- Always consult with your nursing team and families to be sure these therapies can benefit and be used safely with a client or resident
- Identify which approaches may be best suited to your population
- These may be especially helpful to utilize in the later stages of dementia
- Often your local hospice providers may have these professionals on their team and if they service your residents they may be able to provide this service

## Certifications & Additional Information



### National Council of Certified Dementia Practitioners (NCCDP)

#### www.nccdp.org

- ADDC Alzheimer's Disease and Dementia Care curriculum
- CDP Certified Dementia Practitioner
- CADDCT Certified Alzheimer's Disease and Dementia Care Trainer
- CDCM Certified Dementia Care Manager
- CDSGF Certified Dementia Support Group Facilitator
- CFRDT Certified First Responder Dementia Trainer

### **International Council of Certified Dementia Practitioners** (ICCDP)

#### www.iccdp.net

- CMDCP Certified Montessori Dementia Care Professional
- CDP Certified Dementia Practitioner

