

Alternative Therapies for Care

For Those Living with Dementia



NCCDP In-service Toolkit



Introduction to Alternative Therapies



- **Definition:** According to www.best-alzheimers-products.com
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 www.musictherapy.org 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 www.arttherapy.org 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 be 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 www.healthline.com 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 www.medicalnewstoday.com 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 www.verywellhealth.com 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

