

# Creating a Successful Environment for those with Dementia

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## Setting up for Success:

- Activities designed for dementia
- Living with dementia can be a time with uncertainty and stress.
- Creating an environment with the right set up, cues and stimulation can provide comfort, calm and control.



# Basic Principles for SSSuccess:

**Simple** — 1 to 2-step directions at a time.

**Safe** — Supervision, environment and materials.

**Scheduled** — Plan ahead and be consistent.



# The Right Time and Place

- Know the person and their usual clock.
- Rotate active and passive and physical and resting activities.
- Observe the location and the challenges for noise and space.
- Be aware of overstimulation.
- Know that they are ever-changing.



# Different Types of Activities

- ▶ Physical
- ▶ Cognitive
- ▶ Hand & Eye coordination
- ▶ Sequencing
- ▶ Socialization
- ▶ Sensory
- ▶ Task oriented
- ▶ Stimulating
- ▶ Calming





The right activities ensure completion and garner self esteem.

Exercise (*walking, yoga, breathing*)

Music (*listening, watching, creating, discussing*)

Therapeutic (*pet, music, intergenerational*)

Brain Games (*crosswords, puzzles, lists*)



Completion of the activity is not the goal...



It's the journey that's important!