



DEMENTIA

TOP TIPS

An OT will work with a client with Dementia to identify the areas they are struggling with and help them find ways around these. An occupational therapist may help a client with LD and dementia with:

- Advice on techniques with completion of Activities of Daily Living such as self-care, domestic tasks and maximise independence at home.
- Ways to make the environment more user friendly and less confusing
- Structure and Routines
- Maintaining Skill Level
- Life Story Work

Here are some TOP TIPS for Dementia

- Orientation- use visual labels on doors to help find the way around the home and inside cupboards.
- Keep a routine to help structure the day and provide stability.
- Use visual and pictorial cues to plan the person's day.
- Life story work - create a memory box and scrapbooking (photographs with labels) to help the person enjoy a meaningful activity. Work closely with the individual to remember their past and share it with significant others.
- Activities - Help break down activities into simple steps. It may be too demanding for the person to complete the activity in its entirety but they can complete steps within it.
- Use sensory stimulation and relaxation techniques e.g. gentle massage and aromatherapy.
- Listen to music. Music can be a rewarding and enjoyable activity if it is a style of music that the person enjoys.
- Environmental- keep the living space clutter free and organised.
- Consider the lighting, reflections and images which can be misinterpreted. Keeping a light on during the night in the hallway or in the bathroom may be helpful.
- Colour Contrasting – e.g. Dinner plates that are a different colour to the table surface. Matching carpets, suite and curtains can blend into one another which can cause problems for people in finding somewhere to sit.
- Consider door handles, locks and opening mechanisms. A simple change can prevent easy access.

