

# H.E.A.D. TALK

Health Education About Dementia



## Overview of Stimulation Presentation Brought to you by: The Bellingham at Orchard Memory Care



### At Home Engagement: Engaging the Whole Person

#### Beginning Tips:

- Engagement should be based on individual's background , their current skill set and physical and mental status.
- Tap into their lifetime interests, tailor activities to the individual.
- Focusing not on performance, but experience.
- Small groups, or one on one engagements assist to meet individual needs.
- All of the following engagements impact on the emotional well-being of each individual and promotes a sense of belonging to a community.

#### Physical/Motor Skills:

What's good for the body is good for the brain. Anything good for the Cardiovascular System helps the brain because the brain requires blood flow.

Examples:

Tossing objects into something., catching soft objects and hugging them, hand eye coordination engagements (balloon volleyball)

\*Behind the scenes, there are other things going on as well, like visual and auditory stimulation to strengthen senses, which is how we get our short term memory.

#### Spiritual:

Based on the individual's personal preference.

Examples:

Communion, rosary, singing, etc.

#### Entertainment:

Experiencing something that brings them joy, in community with other people.

Example:

Watching a performance, lecture, etc.

#### Expression of Art:

Those unable to perform or participate in expressions of art, can discuss over various types of art.

Examples:

Painting, coloring, music (listening, singing, playing instrument), dance, etc

#### Spatial:

Those who worked in a spatial related field such as Engineers, Architects, Farmers, Graphic Design , etc. possess this early lived skill that will bring comfort.

Examples:

Wood working, connecting PVC piping, puzzles, etc.

**\*\*Always be mindful of the response that the person is exhibiting to identify frustration, joy etc. to ensure individual needs are being met.**