

Creating Moments of Joy for People Living with Dementia

"We don't remember days, we remember moments." Cesare Pavese

When someone you care for has dementia, it is important to be with them in the "here and now" and enjoy together meaningful moments. These moments don't require much memory but a lot of heart. By being in the moment we create quality time and meaningful interactions with simple pleasures; a smile, touch, singing an old song, eating something good together or taking a walk.

Here is a list of things you can do together. It is important to know what are the person's favorite things so they can find joy and comfort in their often confusing reality.

My favorites:

Person, animal, drink, snack, weather, music, place to sit, place to go, TV program, thing to talk about, thing to do...

Creating a moment:

Eating chocolate... licking ice-cream... singing a favorite tune... go for a walk... dance... watch birds... picnic... reading... holding hands... smile a lot... talk together... hear favorite music... share a story... look into their eyes... hug... look at clouds... watch the sunset... hold a baby or doll... give them your attention... listen to their story... sit in the sun... say yes a lot... be a best friend... be with them when they are afraid... be relaxed... tell them how wonderful they are... let them wear the outfit they like everyday... compliment them of their attire... learn from them... ask their opinion... let them be right... ask for their help... thank them... be flexible... let them feel comfortable... look at old pictures and photo albums... do what they enjoy... Isn't that what you would want?

We wish you many moments of joy!

Debi Lahav and Daphna Golan-Shemesh, EMDA

Ideas from the book, Creating Moments of Joy-Along the Alzheimer's Journey,

Jolene Brackey

