



The Way of the Senses – Sensory Stimulation activities for people with advanced stage Dementia living at home

Some of the questions families and careers ask are what things can we do to improve the quality of life and well-being of the person?

The person in the advanced stage of dementia is often living in their own world passive, confused, or agitated.

Activities that stimulate the senses can help the person connect to himself and the surroundings. Stimulating the senses has many positive **benefits**: socialization, increased concentration, increased self-concept, increased alertness and arousing the emotions and memory.

The key to successful interaction and stimulation is to **connect to the person** with eye contact, touch, calling their name, and being present with them. "I'd like to show you something...I know you like..."



Here are some simple ideas of things to do with the person with things that can be found at home.

*Some of the things can arouse and wake the person up and others can relax. It is important to experiment and see what the person reacts to and enjoys and repeat it daily!



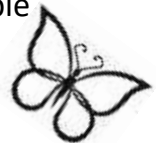
Looking at colorful pictures * pretty things inside and outside of home. It's important that the pictures and other stimulus are large, colorful, simple and things that the person likes!



Music is magic for people. It enhances our mood, arouses us with a happy beat, and relaxes us with a soft flowing tune. People who have lost their memory often remember favorite songs. Play the music that the person likes throughout the day. Use it when the person has negative reactions to taking a bath, changing clothes, or getting out of bed.



Touch has the power of healing. Express feelings of caring, warmth, and love. Give a hand massage with nice smelling hand cream * Place your hands on the person's shoulders and upper back. Rub in body lotion after a shower. The person can also rub in the lotion or cream * Make a hand bath in a



large bowl with warm water, liquid soap, and a sponge. The person can move the fingers in the water and take the sponge to squeeze and wash their hands

- * Pet animals
- * Touch different materials and objects around the house that the person is attached to; balls, pillows, etc.



Stimulate the person with smells they like and can arouse memories like the spices from mom's kitchen, favorite perfume... Let the person smell spices and herbs in the kitchen. It is important that the smells are strong enough for the person to smell: coffee, cinnamon, cloves arouse and wake up! Fresh herbs: Rosemary, mint, myrtle, arouse! Citrus fruit and peel: lemon, orange, grapefruit, clementine, arouse! Lavender, germanium, and Melissa relax.



Eat and enjoy! Food is one of the basic and often one of the only pleasures a person with advanced dementia can enjoy. Try things they like: sweet\sour, warm\cold, fruit, favorite dishes...



It is important to move even when the person is chair bound and passive. Use soft rubber balls and stretch bands to exercise and move the hands * Lift hands up and down and from side to side * Dance to music even when sitting in a chair while holding the person's hands * Clap hands and tap to the music. Enjoy!

** do not do movements that might cause pain



Arouse the senses throughout the day:

Meal time- colorful, tasty, and nice atmosphere

Bath time- spa with music and good smells

Throughout the day- between 10 minutes or more- morning, noon, and evening. Make a sensory basket by taking a basket or box and putting different things that the person enjoys looking at, touching, smelling, and playing with.

We wish you many enjoyable moments!

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