Montessori Glossary- Applied to Dementia Care

1. **Respect for the Individual**: Every person is unique; every person has his or her strengths and weaknesses, likes and dislikes. Designing environments and activities based on what is unique about each person, focusing and their strengths (what they CAN do) not on their deficits promotes respect and maintains individual integrity.

2. **Choices**: It is our right and part of being human to have choices.

3. **Independence**: Striving for independence from the time we are born is fundamental to our species. There are tools that are easy to use that will help people be as independent as possible.

4. **Routine**: The steady rhythm and flow of a day and a week provide consistency, which aids a person in anchoring themselves in time and place.

5. **Repetition**: Repetition does not produce boredom, but rather promotes competence. It is through repetition that skills are retained, improved, and even learned.

6. **Importance of the Hands**: Through the hands, we remember, we are active, and it is what makes us uniquely human. What we do and how we do it are the last skills to leave in dementia.

7. **Scaffolding activities**: We start simple and progress to the more complex- breaking down tasks to the smallest skill and focusing on one skill at a time enables the person to be successful and to slowly move to a more difficult skill or task.

8. **Failure Free Tasks**: All tasks and activities are really a series of movements and skills. If you can slow down the process of how we complete a task, how if involves a series of steps, then you can demonstrate one step at a time. Moving slowly helps individuals absorb the process and see the steps clearly.

9. **Purposeful Work & Engagement**: Our work, which is an activity, defines who we are- we are what we do! Activity that produces something valuable, contributes to a project, adds to the community, or involves a community endeavor is going to have more purpose and will naturally be more meaningful.

10. **Social Roles**: Having a job to do, being important, gives an individual meaning and a sense of purpose. Whenever possible, give a task/job/chore away. Contributing, helping, is essential to our sense of self-worth and captures our interest.

11. **Family and Home**: Home is where we want to be! How can you this place as home-like as possible?