

Tenets of the Montessori Approach that Support a Person Centered Philosophy of Care

A research-based, non-pharmacological approach to maximize independence and engagement, and decrease isolation in people experiencing memory loss.

"Growth comes from activity, not intellectual understanding."

~Maria Montessori

Tenets of Montessori	Example of Implementations
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Child Centered/Person Centered: Holistic approach, working to meet their unique social, emotional, cognitive, physical, and spiritual needs. Knowing the resident, looking at their behavior in the moment and using this information to connect them to the right activity at the right time.

Individualized activities- what do they like, what can they do, and what do they need?

Honoring Individuality: Recognizing the individual's likes and dislikes, strengths and weaknesses, and using these to create or share activities that meet their unique personality. Furthermore, scaffolding each activity to support skills and optimize performance.

Creative, engaging activities that are easy to execute, inexpensive, and manageable based on the individual's personality and capabilities.



Choices: Allowing for choice demonstrates respect for individuality, communicates trust and a sense of equality. Guided choices are provided whenever possible, ensuring the individual is given a sense of control over what happens to them.

Creating environmental supports that facilitate spontaneous activity, provides choices, and meets the needs of all residents.

Independence: Avoiding 'learned dependency' by supporting individuals to do for themselves- independently or with support.

Providing skill based activities that are occupational therapy in nature to retain or improve ADL.

Routine & Repetition: A rhythm and flow of a day and a week to provide consistency, establish an internal sense of predictability, and ultimately a feeling of control and safety. Repetition in both activity and routine builds confidence and competence- building/retaining procedural memories, maintaining/improving skills.

Redesigning the daily schedule- balancing between rigidity and chaos!



Importance of Work: Work, or activities of daily living, drive behavior. Providing meaningful and constructing activities, skills are improved and negative behavior is more easily managed.

Designing purposeful work and long-term projects that provide opportunities for residents to contribute and promotes engagement, stimulation, and are based on purposeful everyday activities.

Community: Taking on roles within the community provides purpose and a sense of being important. Group activities are designed to engage each member of the group as much as possible, avoiding passive observers.

Working towards common goals, participating in planning of events, contributing to the day-to-day needs of the community- it is possible, inexpensive, and easy to do!

