

# Montessori Dementia Program

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

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

### Carefully Prepared Environment

- environmental interventions maximizing independence
- creating a place that models a home environment
- promoting optimal interaction between residents, and between residents and staff
- designing for individual choices
- establishing routines that promote a sense of safety and continuity

### Developing a Community

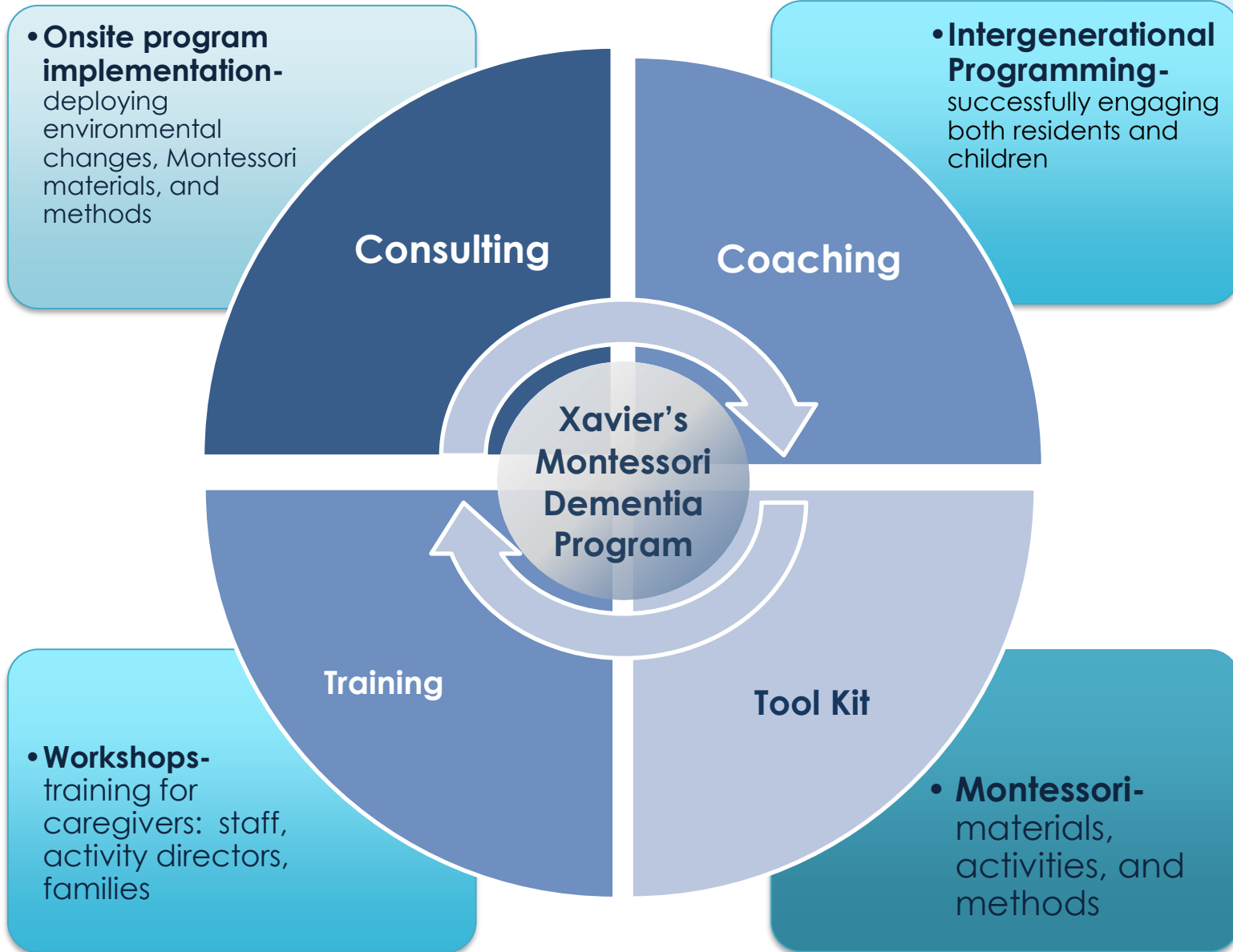
- methods that free individuals to contribute to the care and maintenance of themselves and their home
- social interactions are maximized in group activities
- fostering collaboration between caregivers and families

### Maximizing Engagement

- designing activities to meet an individual's interest and allow for choice
- activities are purposeful, fulfilling a need of the individual or the community
- off calendar opportunities to interact with materials and be engaged in activity
- supporting retained abilities and procedural memories with well-designed activities

### Maintaining Self-Dignity and Self Esteem

- activities and materials designed for safe exploration
- activities and materials are self-correcting and/or open-ended (no right or wrong way of doing them)
- activity built on the principle that our work defines us- by contributing and doing, it speaks to the core of what it means to be human
- allowing for repetition- by repeating activities, confidence is built
- involving families- life histories, contributing ideas, and observing what is interesting and engaging



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