

How you can be involved:

- Invite the person to complete daily tasks with you
- Encourage the person to perform tasks or activities within their ability
- Remember to thank them for their help
- Use signs or demonstrate the task required then invite them to repeat it
- Remember the person is a valuable person in their community
- Remember everyone wants to contribute to their community and enjoy a feeling of self worth and value
- The only barriers to changing the world of people living with dementia are ones we create by our:

Be positive and create a friendly and inviting atmosphere.

Don't rush the person, if they are not ready, go back later.

- Attitudes
- Old Cultures of Care
- Perceived Costs
- Interpretation of Legislation

Remember that, most of all, activities need to be fun!



For more information on Montessori or training opportunities visit www.massa.org.au



MONTESSORI
AGEING SUPPORT SERVICES
Support and Learning for Life



Montessori For Dementia & Aged Care
**STAFF AND FAMILY
INFORMATION**

Remember that the environments we create are very important.

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Montessori Ageing Support Services is the national peak body for supporting quality of life for older Australians through the Montessori approach.

What is it all about?

The Montessori Method for Dementia and Ageing is an innovative approach to dementia care that can be adopted for individuals, for groups and as a philosophy of care.

The goal of Montessori is to create persons who are as independent as possible, able to make choices and who are treated with respect and dignity. Montessori enhances quality of life.

Montessori focuses on the 'DOING'.

Activities must be meaningful to the person, giving them opportunity to enjoy an enriched life.

To DEVELOP meaningful activities and roles we need to:

- Find the person behind the dementia
- Match strengths with personal history
- Foster social connections and friendships
- Repeat activities to develop routine, build confidence and self esteem
- Create meaningful roles and activities
- Consider needs of the person
- Provide cues, prompts, manipulatives and templates to support the person's memory loss

Montessori is a method of **DEVELOPING** and **INTRODUCING** activities based upon models of learning and rehabilitation

Activities could include:

- Making their bed
- Setting the table
- Washing up
- Sorting out objects (cups and saucers)
- Gardening
- Arranging flowers in a vase
- Matching objects to pictures
- Folding linen or clothes
- Reading activities
- Sweeping the floor
- Feeding pets
- Collecting eggs
- Pouring the drinks
- Emptying the wastepaper baskets
- Folding newsletters
- Rolling wool
- Sanding blocks



What are the outcomes of creating Montessori Environments?

- Independence
- Ability to make choices
- Maintenance of or improvement of skills required for ADL's
- An environment that supports a persons memory loss by including signs and memory prompts
- Provision of meaningful activities
- People feel valued and respected when they are able to contribute to their community
- Reduction in responsive behaviours
- Improved family visits
- Improved staff satisfaction
- Improved sleep patterns
- Reduction in the use of psychotropic medication
- Better care outcomes for persons living with dementia

