

PLAY IS THE THING!

ALZHEIMER'S

SOME TIPS FOR WORKING WITH PERSONS WITH ALZHEIMER'S

- Use gestures when trying to get your message across.
- Be aware of what your body and face are saying.
- Be aware of the tone and inflection of your voice.
- Patience is essential
- Join in the person's world, wherever they are. Agree with their reality.
- Demonstrate what you want by modeling or mirroring.
- Creativity and flexibility are key.
- Avoid situations that bring on anger or frustration.
- Break activities and instructions into simple steps.
- Avoid quizzing the person and asking questions.
- Try to appeal to the person's sense of humor.
- Do not argue. Instead of arguing and reasoning, acknowledge and validate.
- Acknowledge what is said – repeat back key points.
- Reframe a situation or give the person new focus.
- Orient the person to person, place and time.
- Be flexible; be ready for anything.
- Limit choices to minimize confusion.
- Instead of asking a question give a kind command.
- Redirect when possible.
- When needed, define your role.

IMPORTANT CHARACTERISTICS OF THE CAREGIVER

- Employs spontaneity
- Stays focused
- Is non-judgemental
- Values the moment
- Respects the basic rights of the person
- Uses common sense
- Has and uses a sense of humor
- Develops flexibility
- Maintains self-confidence
- Sets realistic expectations
- Is a good listener
- Communicates skillfully
- Maintains optimism
- Is creative
- Is able to jump into another world

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"In the Moment"
www.in-themoment.com

IMPROVISATION

SOME OF THE “RULES” OF IMPROVISATION

- Say “yes” verbally, physically, and mentally
- Listen with your eyes, ears, and face.
- Stay in the moment.
- Always accept a gift.
- Don’t say “no”, say “yes”.
- Don’t ask any questions.
- Commit to your actions 100%.
- Combine ideas even if they are contradictory.
- Give focus to those who take it, and take focus from those who give it.
- Let others define themselves.
- Make your actions big.
- Don’t hesitate; go with the first thought.
- Break the rules to move things forward
- Silence can be golden.
- Know your audience and show them respect.

SOME BENEFITS OF IMPROVISATION

- Self-confidence
- Trusting within a group and trusting your own ideas
- Teamwork
- Listening to others without prejudgement
- Breaking from perfectionism
- Committing 100%
- Letting go of one’s own needs to control situations or to predetermine outcomes
- Problem solving
- Creativity
- Complex thinking; making sense of chaos
- Critical thinking; analyzing and relating ideas
- Original thinking
- A renewing of playfulness
- Self-discovery
- Expanding limitations