

Montessori: Enriching Lives of Persons Living with Dementia

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Key goals of today's presentation

1

Define the principals of the Montessori Philosophy for those living with dementia at various stages

2

Identify environmental cues and supports that empower independence in those living with dementia

3

Participants will understand the key components to person centered living

When I'm 80 I Want to Be Able to...

- ▶ What current roles do you have?
 - ▶ Ex: Parent, manager, volunteer, grocery shopper, runner, church member, etc.
- ▶ What roles do you think an individual in a retirement home has?
- ▶ Does your need/want for these roles ever change?

Everyone has a need for...

- ▶ Freedom of Movement
- ▶ Order
- ▶ Manipulation
- ▶ Work
- ▶ Activity
- ▶ Repetition
- ▶ Orientation

The History Behind the Montessori Method

- ▶ Rome 1907: Maria Montessori opens a children's home in a low-income district to begin practicing her Montessori method.
- ▶ The Montessori Method of education was developed to be a child-centered educational approach.
- ▶ It was created to encourage a child's natural eagerness for knowledge and ability to learn in a self-driven and supportive environment.
- ▶ It is an approach that values the human spirit and the development of the whole child—physical, social, emotional, cognitive.
- ▶ How does this translate to older adults?

Montessori Principles for Aging and Dementia

- ▶ The Care Community or home is a prepared environment for older adults
- ▶ Activities and roles are introduced that match the person's cognitive abilities
- ▶ Activities and roles have a purpose
- ▶ Materials are self-correcting or reduce errors
- ▶ Older adults choose materials freely and are able to respond to their own internal needs
- ▶ Older adults are encouraged to repeat activities and develop routines
- ▶ Older adults respect each other and the environment
- ▶ Older adults are encouraged to do as much for themselves as possible
- ▶ Dignity is maintained at all times

People living with dementia are capable!

- ▶ If you don't use it you lose it! We need to recognize that older adults have strengths at every stage.
- ▶ We can set up a person with dementia for success through modifications and cues to utilize their strengths while promoting self-confidence in their abilities.
- ▶ Person Centered Living

Clark Retirement Community Montessori for Aging and Dementia Video

► <https://www.youtube.com/watch?v=uWjsFONmnrA>

Why Our Program is Different

- ▶ Certified vs non-certified programs
- ▶ Life Enrichment Specialists have been trained and certified by an Association Montessori International (AMI) certified educator.
- ▶ Montessori is not trademarked
- ▶ Need for groups activities
- ▶ Prepared Environment



Prepared Environment

Having a prepared environment is a key factor to a successful Montessori program



Prepared Environment: Cues

Prepared Environment: Wayfinding



Prepared Environment: Name Tags

- With changing the staff name tags to having just first name in large print and the green and white, residents are able to read them and are given the ability to greet us by name
- Residents each have a name tag identical to the staff. This allows the residents to know each others' by names.

Group Activities

- Groups must meet the needs and interests of the residents.
- How can we bring Montessori Principals into a group setting?



Individual Activities

Individual Activities

- With Montessori, an individual activity has the potential to become a group activity.

Roles

- ▶ Are person centered, based on the interests and abilities of the person
- ▶ Examples: Tending to the garden, mail passing, volunteer, helping another resident paint

Barriers and How to Overcome Them

- ▶ Addressing the need for change.
- ▶ Changing the culture and not just the 'job tasks'
- ▶ Time and dedication
- ▶ Implementation from day one
- ▶ CMS guidelines

Questions?