

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips on How Art Therapy Improves the Lives of Loved Ones with Alzheimer's

Art has always been viewed as one of mankind's highest forms of self-expression. Now, the power of art is being harnessed to enable individuals with Alzheimer's disease and other forms of dementia to express themselves and reconnect with the world around them – all while providing a variety of health benefits in the process.

#### The Tangible Benefits of Art Therapy

Researchers and art therapy experts suggest that art therapy offers several key benefits for individuals with Alzheimer's, including:

- Helps reduce stress, fear and anxiety
- Improves mood and decreases agitation and outbursts
- Increases ability for self-expression and communication
- Enables social engagement and reduces isolation
- Enhances memory and the ability to reminisce
- Provides an important sense of accomplishment and purpose
- Improves ability to focus
- Awakens a sense of interest and curiosity
- Rekindles the ability to form relationships, particularly with the person providing the therapy

#### Using Art Therapy with Your Loved One at Home

If you are interested in trying art therapy with your loved one at home, the following tips from the **Alzheimer's Association** can help you get started:

- **Keep the project on an adult level.** Avoid anything that might be demeaning or seem child-like.
- **Build conversation into the project.** Provide encouragement, discuss what the person is creating or reminiscence.
- **Help the person begin the activity.** If the person is painting, you may need to start the brush movement. Most other projects should only require basic instruction and assistance.
- **Use safe materials.** Avoid toxic substances and sharp tools.
- **Allow plenty of time.** Keep in mind that the person doesn't have to finish the project in one sitting.

#### Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require [specialized care](#) and support. They also deserve a lifestyle rich in dignity and fulfillment. Our brand-new **Impressions Memory Care at Bryn Mawr** community provides residents with

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*Engaging Days and Meaningful Moments* that [emphasize individual abilities](#), encourage [socialization](#) and promote the highest level of independence possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If, and when, the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again. For more information, please call **Sharon** at **484-380-5404**, or visit us online at <http://www.impressionsmemorycare.org>.