

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips for How Holistic Therapies Benefit Your Loved One with Memory Loss

Today, experts in the field of memory care, such as these at the **Mayo Clinic** and the **Alzheimer's Association**, say that certain “holistic” therapies have been found to provide tangible benefits to loved ones living with Alzheimer's disease and other forms of dementia. These therapies have been shown to provide loved ones with a sense of calm, comfort and enjoyment by reducing their stress and agitation, and creating connections with their caregivers and the outside world.

Types of holistic therapy that have proven beneficial include:

- **Music** – Research indicates that music is a useful therapy that can increase cognitive function in those with dementia. Your loved one's favorite music can provide a pleasant way for them to connect with the outside world, even after verbal communication has become a challenge. Music can reduce agitation and improve behavioral issues that are common in the middle stages of the disease. Even in the later stages of Alzheimer's, a person may be able to sing lyrics to a song from their youth.
- **Art** – Art therapy proponents believe that art activities enhance the health and well-being of loved ones with dementia in a variety of highly beneficial ways. Art therapy has been shown to improve mood, decrease agitation and outbursts, increase the ability for self-expression and communication, and provide an important sense of accomplishment and purpose.
- **Pets** – Pets have been found to have a soothing effect on loved ones with dementia by creating feelings of peace and calm, while also helping to recreate pleasant memories of their own beloved pets. Dogs and other animals have a unique way of connecting with humans that offers a special sense of comfort, relaxation and well-being. Says Karin Winegar, author of “**Saved: Rescued Animals and the Lives They Transform**,” “The human-animal bond bypasses the intellect and goes straight to the heart and emotions and nurtures us in ways that nothing else can.”
- **Reminiscence** – Reminiscing about past events, old friends and fond memories is another important way to keep your loved one pleasantly engaged. Try listening to music from your loved one's younger days, go through old photo albums together and discuss pleasant memories of happy days gone by.

Says [Christine Kennard](#), author of “[Reminiscence Therapy and Activities for People with Dementia](#),” “For people with Alzheimer's disease, encouraging the act of reminiscence can be highly beneficial to their inner self and their

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interpersonal skills. It is about giving the person with Alzheimer's a sense of value, importance, belonging, power and peace.”

- **Aromatherapy** – This form of therapy uses natural scents and oils as well as pleasant, familiar smells to minimize anxiety, agitation and aggressive behavior.
- **Exercise: For Both of You** – Regular exercise is good for general health and also provides a way for caregivers and their loved ones to reduce their physical and emotional stress while improving strength and balance. Additionally, recent university research has shown that exercise can reduce and delay symptoms of Alzheimer's disease.
- **Having Fun Together** – Continue to do the things your loved one most enjoys for as long as they are able. Take a walk together or spend some time in the garden. Familiar activities are usually pleasurable to someone with Alzheimer's.

By using these holistic therapy techniques, you can help your loved one to become calmer and more mentally and socially engaged, while enjoying an improved quality of life.

### 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. Impressions Memory Care at Bryn Mawr provides residents with *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 [contact us](#) online.**

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