

1389

DISCOVER THE POWER OF MEANINGFUL ACTIVITY: IMPROVE THE QUALITY OF LIFE AND REDUCE NON PREFERRED BEHAVIORS IN INDIVIDUALS WITH DEMENTIA

Category: Ageing and Health/Older Adults

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Introduction/Rationale: Dementia affects individuals in all countries. Worldwide nearly 35.6 million people live with this disease. (WHO 2012) According to the World Health Organization this number is expected to triple by 2050. Only 8 countries worldwide have national programs in place to address those living with this disease.

This half day workshop will provide an overview of dementias and the different stages providing a foundation to more effectively understand, intervene, and provide support to those living with these diseases. Participants will learn about the power of meaningful activities and the role of reducing non preferred behaviors, thus improving the quality of life for those living with Dementia across the course of the condition.

Objectives: Participants will:

Differentiate diagnostic criteria for dementias.

Identify common behavioral characteristics and interventions to reduce these behaviors.

Implement therapeutic approaches and strategies to use for self-care, feeding, and mobility.

Employ sensory based strategies and environmental adaptations to help individuals with dementia participate more effectively in everyday activities.

Teaching Methods: Hands on learning experiences, video media, case studies and literature review.

Practice Implications: Occupational therapy has much to offer to individuals with Dementia. Making activities available does not make them meaningful. Occupational therapists have expertise in client centered care, thus designing environments that are engaging and meaningful to our clients, enhancing their function and social participation.

Conclusion: Engaging individuals with Dementia in meaningful activity can reduce pharmacological interventions and improve quality of life as they progress through the disease.