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Using Montessori Intervention in Dementia Care: Part 1

Amanda Stead, PhD, CCC-SLP

Moderated by:
Amy Natho, MS, CCC-SLP, CEU Administrator, SpeechPathology.com



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Using Montessori Intervention in Dementia Care: Part 1

Amanda Stead PhD., CCC-SLP



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Hello!

- Amanda Stead, Ph.D., CCC-SLP,
- Associate Professor CSD
- Pacific University

continued[®]

continued

Learning Outcomes

After this course, participants will be able to:

- Explain how Montessori interventions can support persons with dementia.
- Identify the key components of a Montessori Intervention.
- List different types of Montessori approaches and explain how and when they can be implemented.

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continued



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continued

What is Montessori?

- Montessori is both a method and an environment
- Originally developed as an Educational Method
- The Montessori Method places an emphasis on independence, freedom within limits, and respect for a person's natural psychological, physical, and social development.

Q1

9

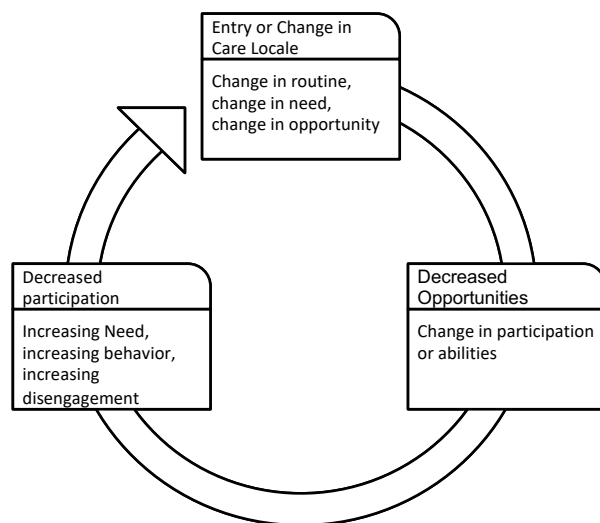
Rules of Montessori?

- You cannot give to the mind what you cannot give to the hands
- Beginning → Middle → End
- Preferred Activities that Play to Strengths and potential

Q2

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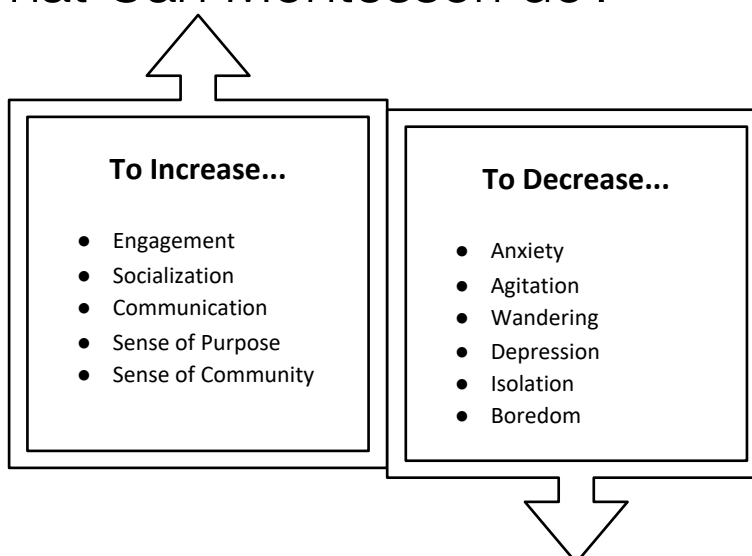
Why Use in Elder Care?



Q3/4

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What Can Montessori do?



Q5

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Montessori Based Treatments

- Candidacy
 - Episodic memory impairment but intact motor learning, some verbal, socializing
 - Capable of attending intervention session
 - Intact sensory skills to complete activities

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Montessori How To

- Slow down your movements - Match your speed to the person
- **LET GO** of the idea that an activity has to be done the “right” way
- Goal is engagement & stimulation
- Encourage reminiscence
- Activities should be an error-free source of success for people

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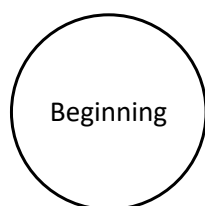
Montessori How To

- Begin with an invitation
- Consider sensory impairments
- Investigate motor control capabilities
- Observe potential to socialize with other residents or participate in group activities
- Practice with materials - demonstrate
- Choose tasks relevant to everyday life or preferred
- Choose a task someone can be successful with

Q6

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Beginning - Middle - End
What happens if we ignore a
step?



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continued

Montessori Materials

- Consist of materials that are aesthetically pleasing and are taken from the everyday environment
- Use external cues/templates
- Consist of materials are free of unimportant letters, numbers, words, or markings
- Be placed in a single container or on a single tray

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continued

Montessori

Activities that are Real Tasks

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continued

continued

Things We Always Did



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Q7

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continued

Things We Always Did



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continued

Productive Completable Tasks



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Productive Completable Tasks

Making Cereal



Photo by [Cleanlight Photo](#) on [Unsplash](#)

Slicing tomatoes



Photo by [Ryan Quintal](#) on [Unsplash](#)

Filling condiments



Photo by: Peter Griffin (publicdomainpictures.net)

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Productive Completable Tasks



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What is the advantage of these types of activities?

Who are these best for?

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continued

Montessori

Job Assignments

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continued

Jobs = Purpose



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Q8

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continued

continued

Jobs = Purpose

Serving snacks



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Folding utensils



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continued

Jobs = Purpose

Baking



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Dance Lessons



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continued

continued

What is the advantage of these types of activities?

Who are these best for?

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continued

Montessori

Games, Puzzles, & Crafts

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continued

Complete Me

What is the offer we make to invite participation?

1. "Uh oh...!"
2. "I have this activity..."
3. silence and demonstration
4. drop and go
5. "help me!"
6. "favor to ask..."



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Complete Me



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"Oh no!
My rope is all tangled!"

Any form of Sorting
or Categorizing



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continued

Complete Me



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continued

Complete Me



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Montessori activities are not just for LTC or SNF. They can be portable and serve the same goals



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continued

What is the advantage of these types of activities?

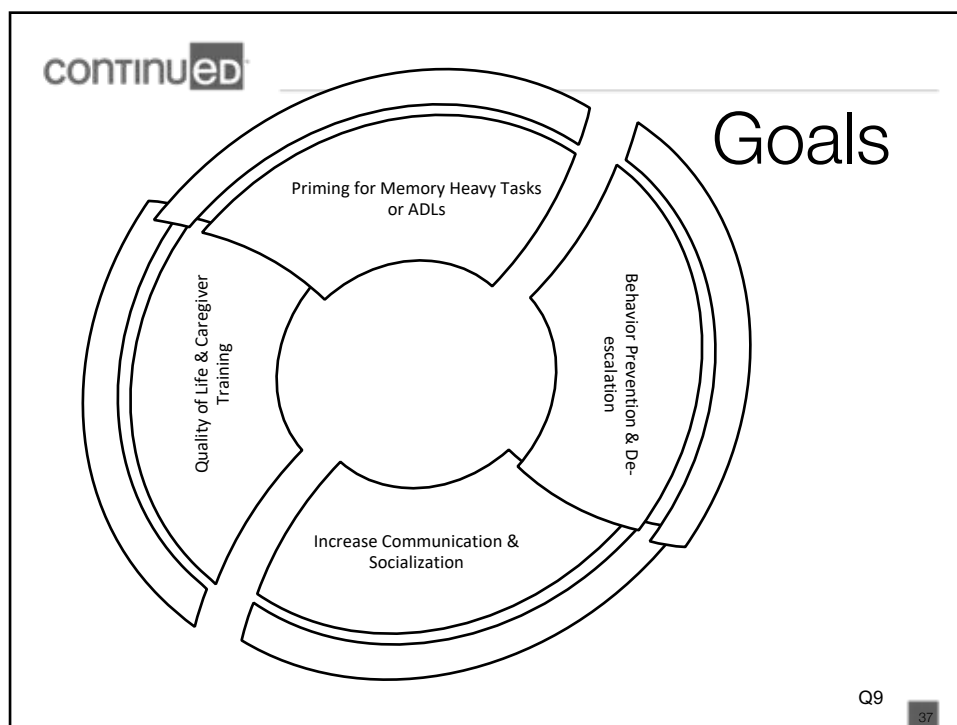
Who are these best for?

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Conclusions

- People have the need to feel successful.
- Being happily engaged in a satisfying activity reduces agitation, anxiety, depression, and anger.
- It may even reduce challenging behaviors like sundowning or reduce the need for medication.
- The inclusion of more Montessori materials and activities can increase quality of life for older adults

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continued

Montessori Based Treatments

- Outcomes:
 - Enhanced engagement and participation
 - Improved ability to independently perform task
 - Improved participation in groups
 - Reduction in negative behaviors
 - **No change in cog status or impairment level testing

Q10 38

Conclusions

- Montessori is an evidenced-based approach to working with dementia patients and those with lower cognitive function
- Goals should be related to increased communication, decrease behaviors, increased engagement or priming
- This is just ONE of MANY evidenced-based approaches for patients with degenerative conditions
- In Part 2 of this Montessori Series I will cover more types of Montessori activities and highlight targeted goals for their use with case studies

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Questions?

Thank you !

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