

# MAKE YOUR VISIT COUNT



How to have a meaningful visit when  
your loved one has dementia

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# What's so difficult?

- “She doesn’t know my name”
- “He is mad at me”
- “She keeps walking away from me”
- “She can’t even talk any more”
- “He thinks I’m his wife”
- “She doesn’t want to leave the activities”
- “He says the same thing over and over”
- “It’s so hard to leave”
- Others?



# What You Should Know

- Even if she does not know your name or how she is 'related' to you, she knows there is a *special connection*.
- Even if he seems angry with you, he still loves you
- Even if she cannot communicate with words, she needs the interaction



# What About *You*?

- YOU know how you are 'related'
- YOU are not mad at him
- YOU can talk to her
- YOU want to see him
- YOU need the interaction

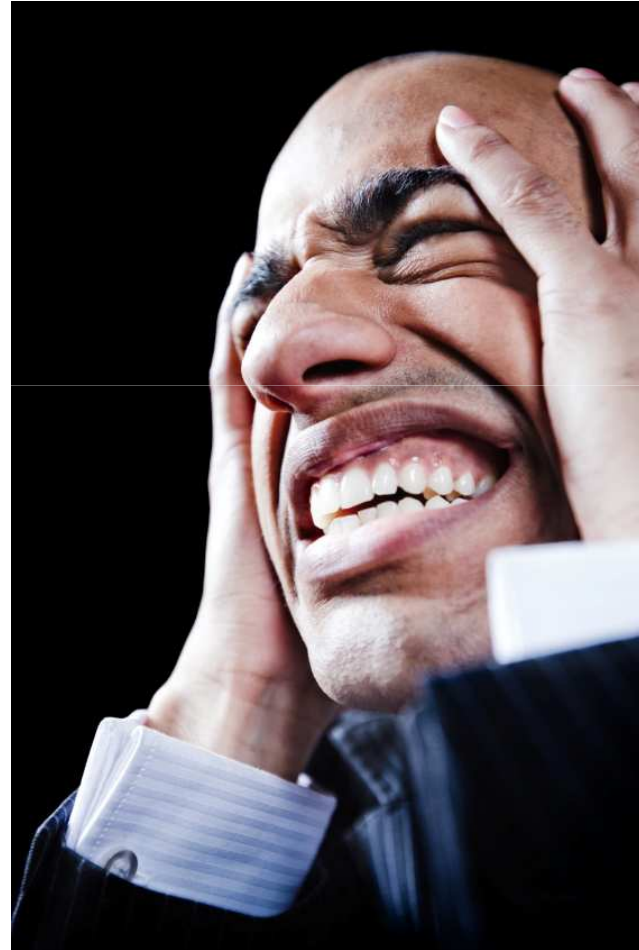


# Am I in the Mood to Visit?

- Stressed?
- In a hurry?
- Had a bad day?
- Mad at your boss?

Persons with Alzheimer's disease may be extra sensitive to your mood, body language and emotion.

Your mood can 'transfer' to them. And get worse.



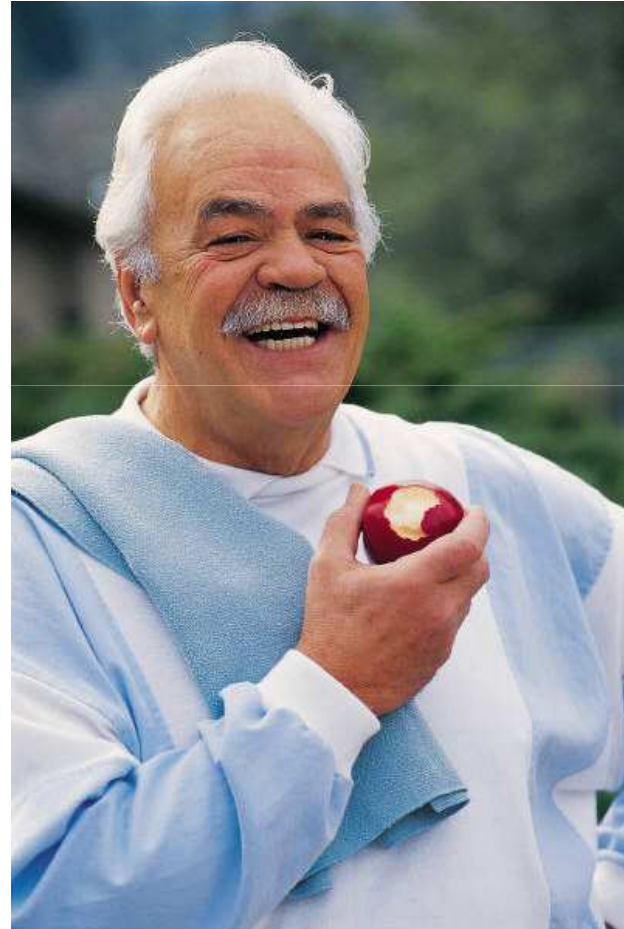
# WHAT CAN I DO TO MAKE IT A *BETTER* VISIT?



- Timing, Timing, Timing
- Duration
- Location
- Environment

# Satisfy the need to roam!

- Walk around house
- Walk outside
- Fill the bird feeders
- Go to the Park
- Beauty Shop/Barber
- Take a Sunday drive
- Get an ice cream
- Visit their church/priest
- Go Shopping



# Past Interests

Adapt what they  
*used* do.....

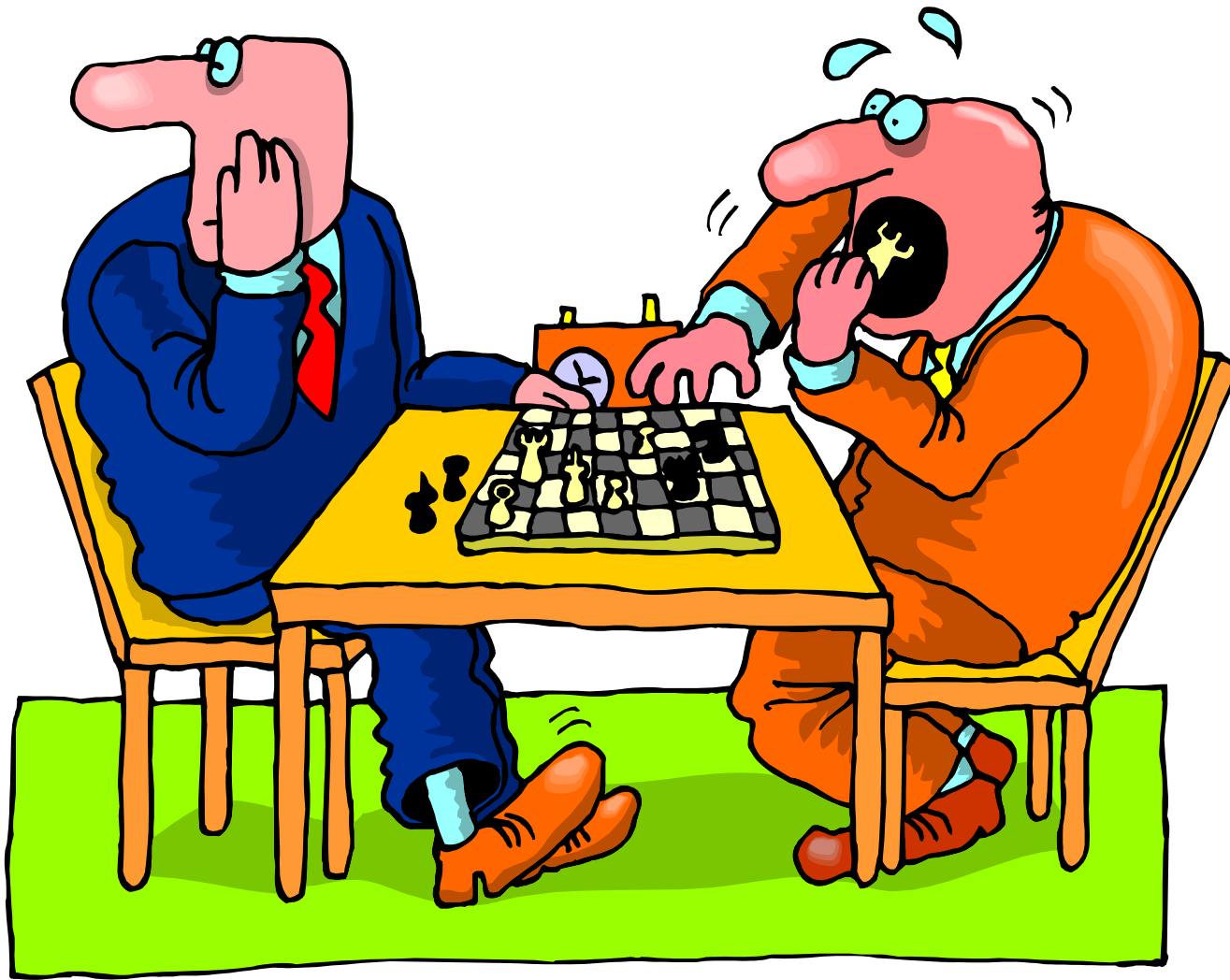


With what they *can*  
do now!

# Should I bring anything?

- Photos/Photo Albums
- Magazines/Books
- Puzzles
- Games
- Bird Seed
- Coffee Table Books
- Sensory Videos
- Sentimental Items
- Scentimental Items
- Cleaning supplies
- Laundry (Laundry?)





**SAFETY FIRST!**

# Should I Bring Anything/ cont.



- Stationary/Cards
- Flowers/silk plants
- Laptop
- Favorite Food/Snack
- Home Movies
- Art Supplies
- Wood/Sandpaper
- Painting project
- Lotion
- Pets
- \*Music

# Go With the Flow!

- She keeps taking things off the shelf...
- He doesn't want to leave the art group...
- He keeps locking and unlocking the door...
- She keeps walking away from me...

**BE FLEXIBLE**



# MUSIC



- “Music memories” stay intact longer
- Stimulates other memories
- Stimulates ADL’s such as eating, dressing and even just walking
- Stimulates movement and exercise
- Lowers blood pressure
- Relieves pain and anxiety, reduces depression

# *How to listen to Music*



- Live/Sing along
- CD's/Special Mix
- Videos (Sensory Videos)
- Headphones
- Background (usually not recommended)
- Radio Stations (not recommended)

# WHAT KIND OF MUSIC?

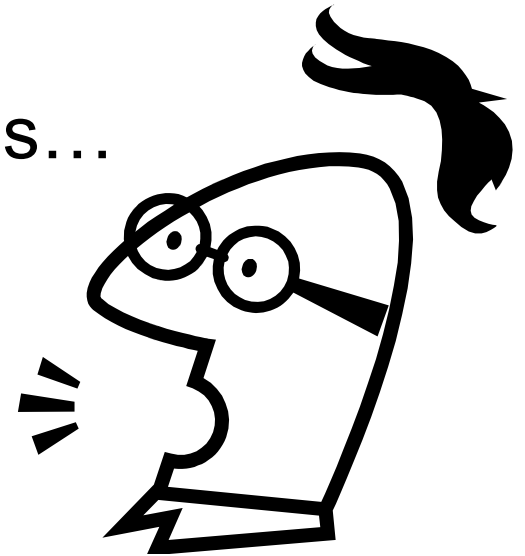
- **Most people recall the music they learned when they were 10-25 years old**
  - stimulates words/expression
  - helps regain their identity
  - Used in “Music Therapy”
- **Most people like many kinds of music**
  - try what YOU like
  - try relaxation or classical music
- **Different music may affect you different ways**
  - upbeat, interactive, fugues
  - slow, relaxing, melodic



# DON'T ASSUME...

- “But, Dad LOVED to play golf...”
- “My wife will NEVER play Bingo...”
- “My Uncle hates to garden...”

Have a positive attitude and don't be afraid to try ANYTHING. The truth is... you don't know just *what* they might enjoy now.



# How Do I Leave?

- Alert Staff/Caregivers for help
- Get him involved in other activity
- Use a calendar/sign to show your next visit
- Share ideas with fellow caregivers



"Learn my favorite song...and sing it to me when I have forgotten."

