

15th World Congress on **DEMENTIA AND ALZHEIMER'S DISEASE**

November 21, 2022 | Webinar

Received date: 06-08-2022 | Accepted Date: 15-10-2022 | Published date: 03-01-2023

Montessori – Changing Lives

Anne Kelly

Head of Montessori for Dementia and Ageing, Netherlands

The application of Montessori methods has been used to support and enhance quality of life for elderly people, particularly those living with dementias since the 1990's. Based on the original work of Dr Maria Montessori, Montessori for Dementia and Ageing has a focus on independence, high self-esteem, choice and meaningful engagement.

Supporting memory through the use of signage, task breakdown and cue cards, wellbeing and independence is enhanced. Montessori methods results in decreases of responsive behaviours, falls, psychotropic medication, aggressive incidents and family complaints.

Research has for many years provided evidence that people living in care communities spend too much time in little or no activity and often alone. This leads to increases in unmet needs, boredom, increased depression and incidents.

A Montessori Prepared Environment provides opportunity for engagement at any time with the establishment of self – initiated activities. Staff practices support and enable in-

dependence rather than traditional aged care practices that contribute to excess disability. Living with dementia results in the disability associated with memory loss, we work around this disability and support memory loss through strategies that fill the memory gaps which can often lead to repetitive questioning or behavior. Excess Disability is not as a result of the disease but rather it results from the disuse of remaining abilities. When staff over-cares for people, disability quickly turns to excess disability.

This presentation will discuss Montessori methods for Dementia and Ageing and present research outcomes for the model. It will explain the need for a paradigm shift in attitudes towards people living with dementia and many current aged care practices.

Montessori supports the person to be the best that they can be regardless of level of physical or cognitive impairment. As a model of care Montessori is changing the face of aged care one step at a time.

anne@montessoriconsulting.com.au