

Exploring the



**Behaviours in
Dementia
Toolkit**

Practical & Evidence Informed



10

Helpful Resources to increase meaningful engagement

Meaningful engagement is often an unmet need for people living with dementia. This can lead to boredom, frustration and can result in behaviours in dementia.

Meaningful engagement can increase quality of life, maintain functional abilities, support personal goals and reinforce aspects of identity.

Learn to plan and adapt enjoyable activities to increase meaningful engagement by **clicking on the links below** to explore example resources from the Toolkit.

Get Creative

[Arts and Dementia Toolkit](#)

Museums and Wellbeing Alliance

Resources and guidance on how to effectively encourage people who are living with dementia to take part in creative activities.

[Creative Caregiving Guide](#)

Scripps Gerontology Centre

Short video lessons that guide users through hands-on learning experiences, from paintings, poetry, music, storytelling, to drama and dance exercises for people with dementia.

[A Guide to Virtual Creative Engagement for Older Adults](#)

Baycrest Centre for Geriatric Care

Find engagement tips and links to a wide variety of online resources in this wide-ranging guide.

[Virtual Music Therapy in LTC](#)

Research Institute on Aging

A step-by-step implementation guide helps foster virtual connections through the power of music and song.

[Meet Me at MOMA](#)

Museum of Modern Art

Information guide for planning a trip to a museum and creating stimulating art experiences at home to foster positive interactions with others and with art.



“ Shift away from the expectation of memory toward the freedom that imagination can bring.

Anne Basting, writer, artist & advocate for the power of creativity to change lives



Plan a Good Day

[Activities in Dementia: Filling the Day with Meaningful Engagement](#)

Catholic Charities Hawaii

Watch this comprehensive, expert presentation to learn to plan days full of positive interactions and activities that prevent or reduce behaviours in dementia.

[Purposeful Engagement and Person-Centred Care](#)

Dementia Australia

Understand the need for and benefits of purposeful activities for people with dementia and includes discussion of how to design activities that are personally meaningful to the individual.

[How to Meaningfully Reconnect with People with Dementia](#)

TEDMED Talks

Learn to shift away from the expectation of memory and move toward the freedom of imagination to invite a person with dementia into creative expression.

[30 Activities That Can Be Done in 30 Seconds or Less](#)

The Best Friends approach to Dementia Care

Be Active

[Stretch Lift or Tap Program](#)

Regional Geriatric Program of Toronto

Practical tools to help embed functional exercise into daily life.



powered by:



Free online library for health care providers, care partners & families supporting people experiencing behaviours in dementia.

www.BehavioursInDementia.ca

