Reminiscence Therapy in an Adult Day Center with an Innovative 1950s Replica Environment for People with Dementia

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Objectives

1. List 4 benefits of Adult Day Programs
2. Describe person-environment interaction
3. List 2 environmental factors to consider in designs for people with dementia
4. List 2 types of Reminiscence Therapy
5. List 2 benefits of Reminiscence Therapy
6. Explain 2 Reminiscence Activities

George G. Glenner
Alzheimer’s Family Centers, Inc.

- Dr. Glenner identified plaques as Beta Amyloid
- Alzheimer’s Disease vs. Dementia
- 1982 One of the 1st Day Programs for people with Dementia in the US in 1982
- Currently 3 locations
Benefits of Adult Day Programs

• Engagement in Cognitive and Social Activity
• Respite for Family Caregiver
• Aging in Place
• Excellent option prior to placement in LTC
• Reduces incidence of falls & wandering
• Reduces incidence of hospitalizations
• Affordable - $11.88 per hour | Less than $2,000/month

Maintenance of Memory in Persons with Dementia

• Autobiographical Memories (Fromholt, Mortensen, Torpdahl et al., 2003; Lopes, Afonso & Ribeiro, 2016).

• Reminiscence Bump- autobiographical memories from ages 10-30 (Rubin, Rahhal, & Poon, 1998.)

• Procedural Memory (Knopman & Nissen, 1987; Poe & Seifert, 1997).

Supportive Environments

• Person Environment Interaction (Lawton & Nahemows, 1973):
Supportive Environments

Creating Supportive Environments for People with Dementia (Chadbury & Cooke, 2014; Day et al., 2000).

- Smaller areas and groupings
- Non-institutional settings
- Sensory stimulation (overstimulation & deprivation)
- Lighting and Visual Contrast
- Safety
- Building organization

Supportive Environments

Benefits to those with Dementia (Chadbury & Cooke, 2014; Day et al., 2000; Marquardt, Bueter & Motzek, 2014)

- Improve mood, social interaction and sleep
- Reduce agitation and aggression
- Increase orientation and activity engagement
- Improve wayfinding and reduce exit seeking
- Maintain or improve cognitive function

Reminiscence Therapy

- Life Review
  - process of reviewing the past and reminiscing
  - normal and valuable process to making sense of the life one has lived. (Butler, 1963)
- Reminiscence Therapy
  - "involves the discussion of past activities, events and experiences with another person or group of people, usually with the aid of tangible prompts such as photographs, household and other familiar items from the past, music and archive sound recordings" (Woods et al., 2009).
Reminiscence Therapy

- Planned Reminiscing
- Spontaneous Reminiscing
  - Memories are cued by context or environment, visual, auditory, olfactory and/or tactile sensations, especially beneficial for people with dementia (Bruce & Schweitzer, 2014).

• Benefits of Reminiscence Therapy
  - Reducing anxiety
  - Reducing depression
  - Improvement in recall of autobiographical memories (Fromholt, et al., 2003; Lopes, et al., 2016).

Town Square Reminiscence Therapy Program

Program Goals
1. Engage participants physically, mentally, & socially
2. For participants to enjoy the moment
3. For participants to maintain or improve abilities

Structure
1. Participant to Program Assistant Ratio 5:1
2. Rotation through Storefronts

Example Activities
1. Diner/Little Blue House - Baking
2. Library - Magazine Treasure Hunt
3. Patio - More Herbs Less Salt Day
4. Museum - Military Stories
Thank you for visiting Town Square!

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