

---

# Meaningful Interaction:

## Approaches to Quality Interactions with Persons with Dementia

Presented by Cindy Greenlay Brown and Angela Carlson  
The Saul & Claribel Simkin Center

---

# REMINISCING

---

- Provides for expression of emotions & feelings
  - Provides an opportunity for socialization
  - Increases self concept and self esteem
  - Enhances long and short term memory
  - Increases sharing of personal information
-

# Sensory Stimulation

---

- Promotes cognitive functioning
  - Uses appropriate social skills
  - Provides a positive social experience for everyone
  - may provide pleasurable, sensory experiences.
  - may increase or maintain many of the senses, improving general level of alertness.
  - may enhance self-esteem.
-

# Memory Kits

---

- Reduce boredom
  - Improve family interactions
  - Enable the person with dementia to succeed
  - Provide opportunities for reminiscing and sensory stimulation
  - Provide moment to moment satisfaction
  - Age appropriate
-

# Generic Memory Kits

---

- Brainstorm Topics
  - Questions to trigger responses
    - Know the answers!
  - Always consider the senses
    - Touch
    - Taste
    - Smell
    - Sight
    - Sound
-

# Personal Memory Kits

---

- Do you know? (See handout ideas)
  - Questions to trigger responses
    - Know the answers!
  - Always consider the senses
    - Touch
    - Taste
    - Smell
    - Sight
    - Sound
-

# Building Your Kits

---

- Group workshop
  - Resident/ client recreation program
  - Admission project (?)
  - Family project
  - Intergenerational project
-

# How to Get Started

---

- Advertise your idea
  - Brainstorm topics
  - Brainstorm items
  - Brainstorm questions
  - Make a wish list
  - Arrange for purchase/ collection
  - Put it all together!
-



# Brainstorm Questions

---

## Cooking/ Baking

- What was your favorite dish to prepare?
  - What type of stove did you use?
  - Who taught you how to cook?
  - What was your favorite utensil?
  - Did you ever freeze? Can? Dry?
  - What was your favorite herb/ spice?
  - How has cooking changed today?
-

# Brainstorm Questions

---

- Did you have a garden?
  - When is the best time to plant a garden?
  - Were weeds a problem in your garden?
  - What did you grow in your garden?
  - Why did you grow a garden?
  - What did you do with the produce from your garden?
  - What type of tools did you use in your garden?
-

# Brainstorm Items

---

- Garden gloves
  - Trowel, other hand tools
  - Watering can
  - Seeds
  - Seed catalogues
  - Pictures/ photos
  - Dirt
  - Garden hose/ sprayer
-

# Baking/ Cooking

---

- Wooden spoons
  - Cheese grater
  - Turkey baster
  - Whisk
  - Measuring cups
  - Lifter
  - Pastry brush
  - Baking pans
  - Mixing spoon
  - Cheese cloth
  - funnel
-

# Other Related Ideas

---

- Good News Books
  - Then & Now Book
  - Grandmother/ Grandfather books
  - Hometown newspaper subscription
-