

## Dementia Care Matters Membership Scheme

### Making the most of...

### 'Filling up the dementia care environment'

#### Aim

- To provide ideas to enable care staff to provide meaningful occupation for people with dementia through creating a stimulating environment for people with dementia

#### Objective

- To demonstrate that there are many ways in which people with dementia can meaningfully occupied
- To show that it need not be expensive to find and use items that will meaningfully occupy people with dementia
- To demonstrate that if something meaningfully occupies someone and causes no harm, then it works.
- To show that through trial and error you will work out what works best
- To emphasise that the items must be out in rooms etc. and actively be used by staff and not stored away
- To emphasise that if items go missing or get broken, get more stuff
- That the care service will need to increase the amount of items available by at least tenfold

#### The material

- Under different headings, the two page document lists ideas to occupy people with dementia.

#### How to use it

- For discussion as part of supervision, team meeting or learning session
- As a checklist to see what items are available at the present time in the care setting
- On flipcharts write up the various headings and ask for practical ideas that would occupy people with dementia
- Share the document and make links to people at various stages of dementia. Debrief on what headings would be most suitable for people at the different stages of dementia

- Plan how you would obtain the various items needed. For example ask people (staff, families, visitors) to bring in items they no longer need, visit charity shops, visit discount stores
- Plan how you will use the items every day (Where, who with, how, when?)
- Have a box or bag of items that you have collected and work through with people how these items can be used to occupy people with dementia
- Assess the items for risk of swallowing etc.
- Choose a room to 'set up' the items and involve staff, families and of course people with dementia in setting it up

## Links

You can use this material with:

- Bridge of Life
- Communication linked to stages
- Functional Behavioural Profile

## FILLING UP A DEMENTIA CARE ENVIRONMENT

<p><b>SENSORY</b>            SNOEZELEN ITEMS            SQUIDGY ITEMS            TO HOLD SMELLING PACKS – SPICES            BUSY APRONS &amp; WAISTCOATS            ‘BUSY’ TABLECLOTHS            BUBBLES            BALLS OF WOOL            FRUIT            ROCKING CHAIR            LARGE PICTURE BOOKS            INDOOR GARDENING            TASTING GAMES</p>	<p><b>DOMESTIC</b>            DUSTERS            RECIPES            BRASS POLISHING            CARPET SWEEPERS            BAKING EQUIPMENT            BOOKSHELVES            CLEANING ITEMS            WASHING UP BOWLS            MAGAZINES            TEA TOWELS            FOOD PACKETS            PAPER ENVELOPES,PENS</p>	<p><b>COMFORT</b>            DOLLS,PRAMS,CARRYCOTS            SOFT TOYS            VELVET,FUR, VELOUR            FABRICS            PICTURES OF PETS            BABY CLOTHS            ITEMS TO ‘PLAY’ WITH            NURSERY RHYMES            TEDDY BEARS            MOUTH ‘SOOTHERS’</p>
<p><b>RUMMAGING</b>            CHEST OF DRAWERS – WITH ITEMS            SPILLING OUT            BOXES OF HANDBAGS            TRAYS OF JEWELLERY            COAT HOOKS AND COAT STANDS WITH            HANGING ITEMS                      WALL RACKS            TREASURE CHESTS            COLLECTIONS OF HATS            DRESSING UP CLOTHS            BASKETS OF OBJECTS            LACE, SHELLS, COINS, FOUNTAIN PENS.            PACKAGING</p>	<p><b>REMINISCENCE</b>            LOCAL PICTURES            OLD HOUSEHOLD ITEMS            PHOTOALBUMS            OLD TOYS            ROLE CHARTS            WEDDING DRESSES &amp; ASSOCIATED            EVENTS IN LOCALITY IN PAST            LIFE EVENTS                      SPORTS BOX            KEY SHOPS IN PAST            WORK LIKE ITEMS – TOOLS            KITCHEN KIT                      TOOLBOX KIT            YOUNG GIRL KIT                      YOUNG MAN KIT</p>	<p><b>COGNITIVE</b>            CRAFTS            QUIZZES            GAMES            OLD SAYINGS            CLASSIC POEMS            WORD GAMES            SHOPPING CATALOGUES</p>
<p><b>MOVEMENT</b>            BALLS            SPORTS ITEMS            BALLOONS            SCARVES FOR DANCING            PUNCH CLOWN            PARACHUTE</p>	<p><b>MUSICAL</b>            INSTRUMENTS            WALKMAN/EARPHONES            OLD TIME MUSIC            POSTERS – OLD SONGS –            PERFORMERS            DANCE MUSIC</p>	<p><b>SPIRITUAL</b>            QUIET SPACE            PRAYER &amp; HYMN BOOKS            RELIGIOUS ARTEFACTS            PICTURES – ART, CLOUDS, WAVES,            ANIMALS, BIRDSONG.            ORGAN MUSIC                      GOSPEL MUSIC</p>
<p><b>NORMAL LIFE</b>            SHIRTS TO BUTTON                      SOCKS TO PAIR            UNTYING KNOTS                      SHOE LACES            WINDING WOOL                      MOPPING            MICROWAVE CAKES</p>	<p><b>FUN</b>            PARTIES                      EVENTS DAYS            FESTIVITIES                      CLOWNING            PUPPETS                      DRAMA            STORY TELLING            FEATHER BOAS</p>	<p><b>WORKLIFE</b>            ITEMS TO GIVE ‘JOBS’            STUFFING ENVELOPES            OFFICE WORK            CLEANING WORK            TIDYING &amp; SORTING            THINGS WHICH SCREW AND FIT            TOGETHER</p>
	<p><b>THE ARTS</b>            PAINTING                      LIFE HISTORY ALBUMS            POTTERY                      SCULPTURE            PHOTOS</p>	