

Tips on Beneficial Holistic Treatments for Memory Loss

According to experts in the field of memory care, a variety of holistic therapies using music, pets, art and other approaches are now considered a useful and legitimate form of therapy for loved ones with Alzheimer's disease and other forms of dementia. The following examples can be very useful for at-home caregivers who are seeking to engage with their loved ones in positive ways to reduce their anxiety, improve their mood and enhance their overall quality of life.

Types of Holistic Therapies You Can Use at Home

Experts suggest the following types of holistic therapies that have been shown to be beneficial to loved ones with memory loss:

- **Music** – Research indicates that music is a useful therapy that can increase cognitive function in those with dementia. Your loved one's favorite music can provide a pleasant way for them to connect with the outside world, even after verbal communication has become a challenge. Music can reduce agitation and improve behavioral issues that are common in the middle stages of the disease. Even in the latter stages of Alzheimer's, a person may be able to sing lyrics to a song from their youth.
- **Art** – Art therapy proponents believe that art activities enhance the health and well-being of loved ones with dementia in a variety of highly beneficial ways. Art therapy has been shown to improve mood, decrease agitation and outbursts, increase the ability for self-expression and communication and provide an important sense of accomplishment and purpose.
- **Pets** – Pets have been found to have a soothing effect on loved ones with dementia by creating feelings of peace and calm while also helping to recreate pleasant memories of their own beloved pets. Dogs and other animals have a unique way of connecting with humans that offers a special sense of comfort, relaxation and well-being.

Says **Karin Winegar**, author of ***Saved: Rescued Animals and the Lives They Transform***, "The human-animal bond bypasses the intellect and goes straight to the heart and emotions and nurtures us in ways that nothing else can."

- **Reminiscence Therapy** – It has been shown that reminiscing about old friends, past events and pleasant memories is another useful way to keep your loved one engaged. Try going through old photo albums with your loved one, listening to favorite music from your loved one's younger days and discussing fond memories from "back in the day."

According to Alzheimer's expert and author [Christine Kennard](#), "For people with Alzheimer's disease, encouraging the act of reminiscence can be highly



beneficial to their inner self and their interpersonal skills. It is about giving the person with Alzheimer's a sense of value, importance, belonging, power and peace.”

- **Aromatherapy** – This form of therapy uses natural scents and oils as well as pleasant, familiar smells to minimize anxiety, agitation and aggressive behavior.
- **Exercise and Physical Activity** – Regular exercise is good for general health and also provides a way for caregivers and their loved ones to reduce their physical and emotional stress while improving strength and balance. Try taking a walk with your loved one to a favorite place.
- **Enjoy Time Together** – Continue to do the things your loved most enjoys for as long as they are able. Watch an old movie together or spend some time in the garden. Familiar activities are usually pleasurable to someone with Alzheimer's.

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At Provident Village at Canton, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!