

## **ALZHEIMER'S**

I have shown the following "tips" and benefits (without the titles) to persons who work and teach in the field of Improvisation.  
They thought they were some Improvisational techniques/tips that I had copied from a book.

### **SOME TIPS FOR WORKING WITH PERSONS WITH ALZHEIMER'S**

- Use gestures when trying to get your message across.
- Be aware of what your body and face are saying.
- Be aware of the tone and inflection of your voice.
  - Patience is essential
- Join in the persons world, wherever they are. Agree with their reality.
- Demonstrate what you want by modeling or mirroring.
  - Creativity and flexibility are key.
- Avoid situations that bring on anger or frustration.
- Break activities and instructions into simple steps.
- Avoid quizzing the person and asking questions.
  - Try to appeal to the person's sense of humor.
- Do not argue. Instead of arguing and reasoning, acknowledge and validate.
- Acknowledge what is said – repeat back key points.
- Reframe a situation or give the person a new focus.
- Orienting the person to person, place and time.
  - Be flexible. Be ready for anything.
  - Limit choices to minimize confusion.
- Instead of asking a question give a kind command.
  - Redirect when possible.
  - When needed define your role.

### **IMPORTANT CHARACTERISTICS OF THE CAREGIVER**

- Employs spontaneity
- Stays focused
- Is non-judgmental
- Values the moment
- Respects the basic rights of the person
  - Uses common sense
- Has and uses a sense of humor
  - Develops flexibility
  - Maintains self-confidence
  - Sets realistic expectations
  - Is a good listener
  - Communicates skillfully
  - Maintains optimism
  - Is creative
- Is able to jump into another world

## **IMPROVISATION**

I have shown the following "rules" and benefits (without the titles) to persons who work in Alzheimer Care Units and with persons with Alzheimer's everyday.  
They thought they were new Alzheimer Care techniques/tips.

### **SOME OF THE "RULES" OF IMPROVISATION**

- Say, "yes" verbally, physically, and mentally.
  - Listen with your eyes and ears and face.
    - Stay in the moment.
    - Always accept a gift.
    - Don't say "no". Say "yes"
    - Don't ask any questions.
    - Commit to your actions 100%.
  - Combine ideas even if they are contradictory.
  - Give focus to those who take it and take focus from those who give it.
    - Let others define themselves.
    - Make your actions big.
    - Don't hesitate, go with the first thought.
    - Break the rules to move things forward.
    - Silence can be golden.
  - Know your audience and show them respect.
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- ### **SOME BENEFITS OF IMPROVISATION**
- Self-confidence
  - Trusting within a group & trusting your own ideas
    - Teamwork
  - Listening to others without prejudice
    - Breaking from perfectionism
    - Committing 100%
  - Letting go of one's own needs to control situations or to predetermine outcomes
    - Problem solving
    - Creativity
    - Complex thinking; making sense of chaos
    - Critical thinking; analyzing and relating ideas
    - Original thinking
    - A renewing of playfulness
    - Self discovery
    - Expanding limitations