



Stages of Dementia With Therapy Tasks

Early Stage:

- Deficits are beginning to become apparent, starting to forget the little things
- Medication intervention may be beneficial
- Therapy tasks:
 - Spaced retrieval
 - Orientation tools: calendars and maps
 - Memory tools: memory book, sticky notes, reminders around the house

Middle Stage:

- Deficits are noticeable, affecting daily life
- Therapy tasks:
 - 6 R's:
 - Restrict- prevent the patient from completing the negative behavior
 - Reassess- why is the patient doing that particular behavior?
 - Reconsider- put yourself in their shoes
 - Re-channel- allow the patient to continue the behavior in a safe/modified manner
 - Reassure- let them know that everything is okay
 - Review- go through all of the steps above to review the process and determine if the modifications are benefiting the patient
 - "Walk down memory lane"

Late Stage:

- In home: focus on routines and environment modifications
- Long term care facility: focus on routines and behavior modifications
- Therapy tasks/goals:
 - Health
 - Security
 - Daily orientation
 - Stimulating environment (relate to previous interests)
 - Use of pictures/video/audio of family to discuss and review with patient

