

A QUICK CAREGIVERS GUIDE TO MASSAGE AND PREFERRED MUSIC TO RELIEVE ANXIETY AND AGITATION IN PEOPLE WITH DEMENTIA

Research suggests that both massage and use of preferred music relaxation techniques may be effective in reducing anxiety and agitation symptoms in people living with dementia. This is a short guide aimed at family caregivers that gives easy to follow instructions for both methods.

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Easy and quick hand massage

This easy and quick hand massage can help to reduce agitation in a person who is suffering from dementia.

For best possible result perform this massage every day or at least once per week at 16-17 pm.

Duration of massage is approximately 10 minutes.

Do not give massage on open wounds or injured or traumatized areas.

What you need for the massage:

Plain natural oil (e.g. olive or almond oil), hand lotion or basic lotion. Use only oils or creams with familiar aromas to avoid allergic reactions.

Two towels.

Preparations:

Choose a comfortable position for yourself and the subject so that you are facing the subject in straight line to avoid body rotation. Keep your back straight and keep your shoulders relaxed.

Make sure that the subject is kept warm by covering the entire body.

Wrap the subject's hands in towels.

Getting started:

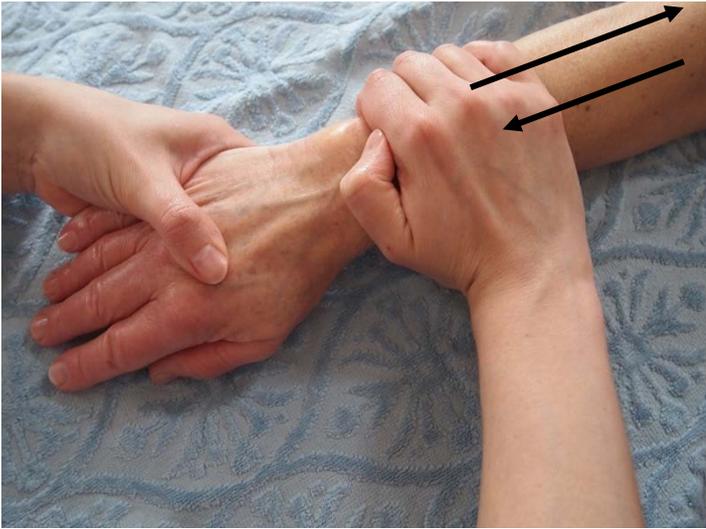
Tell the subject that you are going to give a hand massage that will last for 10 minutes.

Unfold the other towel. Warm up oil in your own hands and rub the subject's hand in oil from finger tips until the elbow.

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Do the massage as slowly and calmly as you can.

When finished with one hand, carefully wrap subject's hand in a towel.



1. Slide your hand from the wrist until the elbow and back. Repeat 3 x 3 times.



2. Slide your thumbs from the middle of the back of the hand towards the outer parts. Repeat 3 x 3 times.



3. Rotate your thumb on each joint on each finger. Repeat three rotations per joint.



4. Turn the hand with palm upwards and massage each finger same way as in previous point.



5. Slide your thumbs from the middle of the palm towards the outer parts. Repeat 3 x 3 times.



6. Slide your hand from the wrist until the elbow and back. Repeat 3 x 3 times.

Ending the massage:

When finished thank the subject.

Cover the subject and leave for rest.

Music for relaxation:

Listening to preferred music can lead to a reduction of anxiety and agitation for people with dementia.

It is suggested sessions should be twice a week on the same days.

Duration should be around 30 minutes.

The subject must have sufficient level of hearing for this to be beneficial.

What you need:

A collection of 30 minutes of the person's preferred music and a music player.

A comfortable environment where the subject will not be disturbed for 30 minutes.

Preparations:

Set the music to a suitable volume.

Ensure the person is comfortable.

Getting started:

Explain what you have planned and how long it will take.

Ask the person if they would like to listen to the music.

If yes then press play, sit back and relax and enjoy the music together!

TIP: You can combine hand massage with personalised music!

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