

# Montessori-Based Activities

For elderly with cognitive impairment

"It is extremely important to remember that persons with dementia are, first and foremost, people"

-Cameron J. Camp, Ph.D.

- FEEL SELF-ESTEEM
- EXPRESS THEIR THOUGHTS
- FEEL A SENSE OF BELONGING
- FEEL SATISFACTION

many of the behavioural  
problems associated with  
dementia are due to an  
inability to satisfy one or  
more of these  
fundamental human needs

often people in  
residential care  
perform activities  
that are repetitive  
and difficult

This creates a level of  
apathy and frustration

the purpose of this work  
M.A. is to resolve these  
problems

Montessori Activities  
give tasks which make  
it possible to maintain  
or improve the abilities  
needed to perform  
every day tasks





# Our Project

- Montessori activity for elderly with cognitive impairment is a project leaded with collaboration of University of Parma and Montessori Society of Parma.
- The pilot study began in February 2018 and will end in september 2018
- foresees two intertwined levels of interest:
- The first one is related to evaluate the effectiveness of such activities on cognitive and functional abilities of elderly
- The second one is related to a training impact on caregivers and subsequent acquisition of occupational and relational skills.

# Our Project 1

- Involves 12 inpatients elderly
- They are individuals with mild to moderate cognitive impairment
- MMSE score between 12-16
- Neuro Psychiatric Inventory with high score for : agitation, anxiety, allucinantion.
- Mild functional impairment assessed by italian version of Abilhand adapted from chronic stroke version

# Our Project 2

- Involves 12 formal caregivers
- 15 hours of laboratory activities
- 12 hours of supervision
- 30 hours of formal training on Montessori Theoretical and methodological issues

# Characteristics of Montessori activities

- planned in sequence
- use to real life materials
- progressive from simple to complex
- progressive from concrete to abstract
- can be divided in steps
- can be presented in steps
- there are many...!!!!

Basic principles states that:  
activities improve the abilities  
required to perform basic  
tasks for example: feeding  
oneself, dressing,  
participating in recreational  
activities



it is also important to  
give cognitive stimuli and  
a degree of difficulty,  
though ensuring always  
termination of activity





# Montessori Activities allow:

- Horizontal Program
- Vertical Program

# Horizontal program

All those activities  
with a similar level  
of difficulty that use  
similar procedures  
and abilities



# Vertical Program

Tasks that are less or more difficult than the original activity



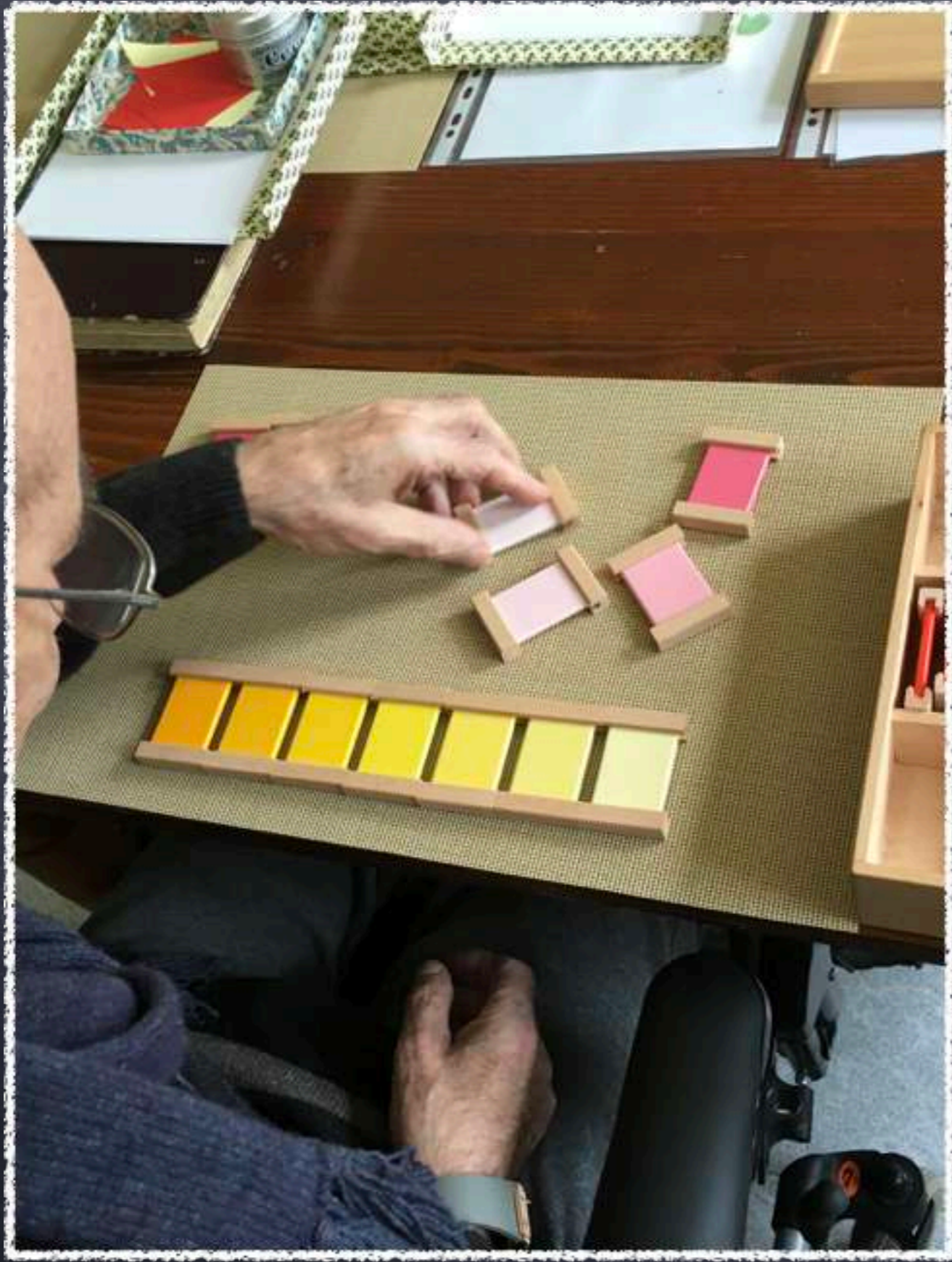
# Vertical Programming

- Upward extension: performing a task more difficult than the original activity
- Downward extension: with reduction in difficulty



# Activities are classified in sections:

- sensory
- motor
- cognitive
- social abilities







# Important!!!

success is a relative term  
Effort and stimulation are the primary  
objective of all activities