

# Montessori Methods for Dementia

A Focus on the Person and the Prepared Environment

McMaster  
University



Presented by:

The Gilbrea Centre  
for  
Studies in Aging

In Partnership with:

Alzheimer Society of  
Windsor & Essex  
County  
**Windsor, ON**

Date:

Tuesday, October 26<sup>th</sup> & Wednesday, October 27<sup>th</sup>, 2010

Location:

**Alzheimer Society of Windsor &  
Essex County**

2135 Richmond Street  
**Windsor, ON**  
N8Y 0A1

T: 519.974.2220 ext 229

**Speaker**

Rosemary Fiss, B.A.Sc., M.Ed.  
Dementia Education Advisor  
Alzheimer Society of Windsor & Essex County





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## Workshop Agenda

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DAY 1: Tuesday, October 26<sup>th</sup>, 2010

8:30 am – 9:00 am

**Registration**

9:00 am – 9:15 am

**Introduction to Montessori for Dementia**

9:15 am – 10:00 am

**Understanding Dementia:**

- An Examination of Abilities
- Exploring the Relationship between Responsive Behaviours and the Question “Why?”
- Finding the person behind the dementia

10:00 am – 10:15 am **BREAK**

10:15 am – 12:00 pm

**Explanation of Memory & Reading Ability:**

- Defining the terms: Procedural and Declarative Memory
- Spared capacity in dementia

12:00 pm – 1:00 pm **LUNCH**

1:00 pm – 2:15 pm

**Introduction to Montessori Programming**

- Making connections: Dr. Maria Montessori’s pioneering work and Dementia
- Tools to get you started: What do you need to know first?
- Linking needs, skills and abilities with goals
- The importance of activities
- The Montessori Methods for Dementia Model

2:15 pm – 2:30 pm **BREAK**

2:30 pm – 3:00 pm

**Creating and Presenting Montessori Activities**

- The key to success: The Montessori Principles – Adapted for dementia
- Creating and Presenting Activities
- Roles and Routines
- The main categories/classes of Montessori activities.

3:00 pm – 4:00 pm

**Activity Reconstruction: Developing Materials for Montessori Programming**

DAY 2: Wednesday, October 27<sup>th</sup>, 2010

8:30 am – 9:00 am

**Review of Day One**

9:00 am – 10:00 am

**Montessori for Dementia is for:**

- A home/program: A philosophy of care
- Individuals
- Groups

**Group Exercise:**

**Putting the Montessori for Dementia Model into Practice**

**Role Play**

10:00 am – 10:15 am **BREAK**

10:15 am – 11:30 am

**Creating Montessori Activities (Memory Bingo, Category Sorts and other)**

**Role Play: Demonstrating how to play Montessori for Dementia Bingo**

11:30 am – 12:00 pm

**Creating “Instruction Sheets”**

12:00 pm – 1:00 pm **LUNCH**

1:00 pm – 1:30 pm

**Addressing the Top Ten Responsive Behaviours with Montessori Methods for Dementia Programming**

1:30 pm – 2:00 pm

**Group Sharing, Role Play & Discussion**

2:00 pm – 2:15 pm **BREAK**

2:15 pm – 3:00 pm

**Addressing Barriers to Implementation**

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## About the Workshop

**This two-day program** focuses on Montessori Methods for Dementia, an innovative method of working with older adults living with cognitive and/or physical impairments. Montessori Methods for Dementia is based on the educational philosophies of famed childhood educator Dr. Maria Montessori. Dr. Cameron Camp, when he was the Research Scientist & Director of the Myers Research Institute, Cleveland, OH, discovered that Dr. Montessori's philosophies and principles could be effectively adapted to dementia programming. Research has provided clear evidence of increased levels of engagement and participation in activities when Montessori approaches are implemented with persons with dementia. Participants in this workshop will learn about the basic principles of Montessori Programming, along with practical "hands-on" opportunities to apply the techniques and consider how these activities could be adapted for their clients/programs/home. The first day of the program focuses on the facts (**knowledge**) and the second day focuses on putting the concepts into **practice** for specific clients, activities and environments.

## Objectives

**By the end** of this two-day program, the learner will be able to:

1. Link interests, skills & abilities of persons with dementia to Montessori goals & objectives.
2. Describe the Montessori Methods for Dementia model and explain why this is a useful technique for those with dementia.
3. Describe the Montessori philosophy as well as the basic Montessori principles.
4. Develop programming for individuals and groups based on the main Montessori classes of activities, as modified for dementia.
5. CREATE and PRESENT Montessori activities based upon Montessori principles.
6. Assess current programming strategies and know how to modify same to be more Montessori in nature.

## The Audience

Individuals who are interested in learning about Montessori Methods for Dementia are invited to attend.