FACT SHEET

RELAXATION INTERVENTIONS
FOUND IN RECREATION THERAPY PROGRAMS SUCH AS HAND MASSAGES, WARM BLANKETS, SIMPLE PLEASURES, PLAYING MUSIC

Outcomes of Intervention

- Reduced anxiety
- Increase in relaxation
- Decreased responsive behaviors
- Reduction/prevention of restlessness
- Improved sleep hygiene
- Positive engagement as defined by known responses
- Increased use of extremities in meaningful activities

Evidence Based Care

Eva S. van der Ploeg, (2013). A randomized crossover trial to study the effect of personalized, one-to-one interaction using the Montessori-based activities on agitation, affect, and engagement in nursing home residents with dementia. *International Psychogeriatrics.*
Simple Pleasures
Dementia Practice Guidelines