



Alternative Therapies for Seniors

Music Therapy



Alzheimer's

Fact:

Music memory is a part of the brain that remains intact despite the damage of Alzheimer's.

Benefits:

- ▶ Because music memory is retained, music can help patients tap into feelings of safety and comfort from childhood. Music from someone's youth—ages 18-25—can stimulate feelings of youthfulness and help draw out patients who have otherwise withdrawn. The rhythm and memory component of music can help shift mood.
- ▶ Music can boost cognitive skills. Patients remember lyrics and can become more verbal while in the "music moment."

Technique:

Engage in sing-alongs of favorite songs from when the patient was a young adult.



Parkinson's

Facts:

The impact of Parkinson's on muscle tissue can make speech difficult.

Benefits:

- ▶ Music helps stimulate dopamine and serotonin and may help improve depression, which is common among Parkinson's patients.
- ▶ Singing helps Parkinson's patients with speech training, which can become an issue in later stages of the condition.

Premier's staff is specially trained in helping patients who have Alzheimer's, COPD and Parkinson's.



COPD and Other Pulmonary Issues

Fact:

Pulmonary issues from COPD (and as a symptom of other conditions) can be serious for patients.

Benefit:

Singing is a form of breath training, which can benefit patients.



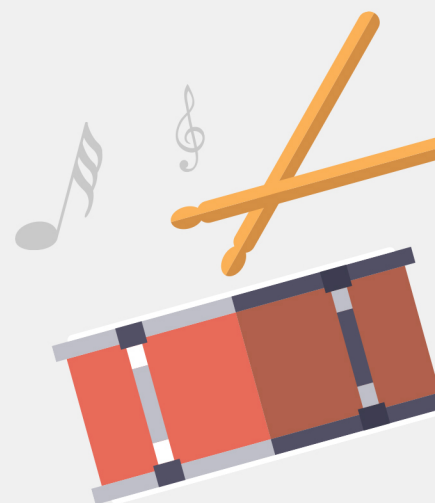
Heart Disease

Fact:

Cardiovascular activity is important for blood circulation and heart function.

Benefit:

Music encourages movement, which can provide helpful exercise.



Art Therapy



Alzheimer's

Fact:

Alzheimer's patients can experience extreme stress and frustration as a result of diminished memory.

Benefits:

- ▶ Alzheimer's patients may feel more relaxed and get an overall improved sense of well-being while creating art.
- ▶ For patients who are losing verbal skills, art is a way for them to continue to express themselves, helping increase a sense of empowerment.



Our Appointment Escort Services team can join you to help facilitate participation and monitor health.



Parkinson's

Fact:

Depression can be common among Parkinson's patients.

Benefits:

- ▶ New research from Hofstra University demonstrates that patients engaged in clay sculpting, for example, focus on the physical experience and gain a sense of control as they manipulate the materials, thus alleviating depression.
- ▶ An additional relaxation benefit comes from clay sculpting in particular, as the medium works with varied fine motor skills, giving patients a sense of ease as they're still able to create art.
- ▶ Working with clay helps exercise fine motor skills in a relaxing way, which encourages more activity.

Meditation & Yoga



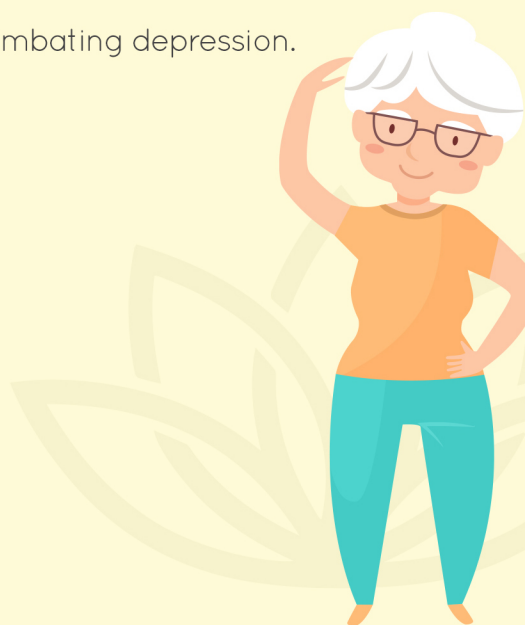
Parkinson's

Fact:

Parkinson's patients often experience sleep disruptions.

Benefits:

- ▶ Meditation can help reduce insomnia.
- ▶ Meditation can help relax muscles that are impacted by the condition.
- ▶ Meditation can boost moods, combating depression.



Heart Disease

Fact:

Stress can exacerbate health problems associated with heart disease.

Benefit:

The relaxation that comes with meditation can help patients with high blood pressure.



COPD and Other Pulmonary Issues

Fact:

Inflammation constricts airways, making breathing difficult.

Benefit:

Meditation can help reduce inflammation, which can impact airways and make breathing easier.

The Premier Care Management team can help arrange appointment schedules.

Dance Therapy



Alzheimer's

Fact:

Because of a loss of cognitive ability and verbal skills, patients can begin to withdraw.

Benefits:

- ▶ Group dance movement therapy encourages connections between participants, helping build social bonds through non-verbal communication.
- ▶ Self-expression can help boost moods and create a sense of empowerment.



Parkinson's

Fact:

Parkinson's causes stiff muscles and discomfort.

Benefits:

- ▶ Movement encourages exercise of gross motor skills.
- ▶ Group bonding helps counteract depression.
- ▶ Dance stimulates relaxation and improved mood.



Heart Disease

Fact:

Exercise can strengthen the heart and lower blood pressure.

Benefits:

- ▶ The group component makes exercise fun and encourages participation.
- ▶ Improved moods from dance can also encourage positive associations with cardiovascular activity, which can be a stress point for someone who has had a cardiac episode and is nervous about engaging in a workout plan.



COPD and Other Pulmonary Issues

Fact:

Diminished lung function can make mobility and even speech difficult.

Benefit:

Exercise helps improve lung function, but can be adapted to the abilities of participants, given their varying ability levels.

Technique:

Chair movement can help reduce the aerobic stress on patients while allowing for beneficial activity.

Our team will track client wellness changes from participation in therapeutic activities.

Call Today For Immediate Answers 888-387-5857 | Premierhomehealthcare.com

Data Sources:

[Alzheimer's Foundation of America](#), [American Dance therapy Association](#), [American Parkinson Disease Association](#), [Hofstra University](#), [Senior Planet](#), [The Mayo Clinic](#), [Today's Geriatric Medicine](#)