

Holistic Dementia Agitation Care

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#	Type	Description
1	Psychoeducation	Improve brain health literacy regarding causes of agitation and address incorrect understanding and unrealistic expectations from psychiatric medications
2	Medical evaluation and workup	Identify and correct reversible medical (e.g., pain, dehydration, hearing and vision deficits, dental problems) causes of agitation
3	De-prescribing	Identify and de-prescribe medications causing agitation
4	STEPS	Support system (family and professional care partners) Training Empowerment Praise Support to improve healing and therapeutic approaches and prevent or discontinue counter therapeutic approaches and interventions
5	Nidotherapy	Improve physical environment and engagement with outdoors and nature (includes occupational therapy assessment)
6	Lifestyle medicine	Improve brain healthy lifestyle (diet, exercise, socialization, sleep, meditation, mind-body exercises, cognitive stimulation)
7	PERMA	Positive emotions, Engagement, Relationships, Meaning, Accomplishment (positive psychology science-based interventions)
8	Emotional regulation skills training	To prevent and reduce dysregulated emotional states in the person with dementia and their care partners
9	ACT	Acceptance Commitment Therapy – for the person with dementia and their care partners to accept the need for holistic approach and commit to it.
10	DEIBA	Diversity, Equity, Inclusion, Belonging, Anti-Ageism Includes Anti-Ageism and Anti-Dementiaism Includes addressing social determinants of health and bolstering community resources
11	Peer-led interventions	Peer-led and peer-supported interventions including support groups and advocacy groups

Key Resources:

1. Teepa Snow (occupational therapist) podcast and YouTube videos.
2. The DICE Approach. <https://diceapproach.com>
3. ABC Dementia - Community Dementia Education. <https://community.abcdementia.org>
4. Zinnia TV – Therapeutic TV for Dementia <https://www.zinniatv.com>
5. Book Chapter 13. Psychosocial spiritual care plan for persons with Dementia. Book: Psychiatric Consultation in Long-Term Care – A guide for healthcare professionals. 2nd edition. Cambridge University Press 2017.