

A-Z Anxiety Agitation Sensory Rx

Art - coloring with soft colors

Breathing - slowly with them

Cold - cold compresses to face placed gently

Food and fluids 🍪

Labyrinth tracing - hand over hand with them

Lotion potion - lavender to hands

Massaging their hands, shoulders, back rub

Music - calming nature sounds, religious music, personalized music

Nature - flowers, trees, squirrels (feeding squirrels)

OASIS room - opportunity to achieve serenity in senses (calming multi sensory room)

Rocking chair while listening to music

Scriptures reading

Stretching exercises

Tea - chamomile, lavender

TimeSlips creative storytelling www.timeslips.org

UCLA Mindful app (free) guided meditations with them

Weighted blanket

Yoga - chair yoga

Zen garden

Zinnia TV Therapeutic TV for dementia <https://www.zinniatv.com>



Abhilash K Desai MD dr.abhilashdesai@icloud.com