



## Habilitation Therapy

*A non-medical approach to caring for someone with memory*

*loss.*

### WHAT IS HABILITATION THERAPY?

Habilitation Therapy is a non-medical approach to caring for someone with memory loss. Habilitation strengthens an individual's current abilities, improving functional independence and more. The aim of Habilitation Therapy is to simplify tasks and help individuals participate more fully and safely in their own care and be an active participant in life.

### ASSISTING CAREGIVERS

By taking advantage of an individual's potential, Habilitation Therapy may help to improve functional independence, create positive experiences, and encourage the highest level of involvement in daily life. Habilitation Therapy addresses the depression, anxiety, agitation, wandering and other problematic or reactive behaviors associated with Alzheimer's disease or related dementias. The Habilitation approach helps reduce caregiver stress and burnout and may help to facilitate a rewarding caregiver experience for all caregivers.

An example of how Habilitation Therapy may help caregivers in caring for their loved one involves speech patterns. The speech and verbal skills of dementia patients decline as the disease progresses. It can be difficult to know how to respond in a way that is helpful and positive. The Habilitation approach to communication creates a positive experience for all!

AgeSpan works with specially trained "coaches" who teach caregivers effective strategies that improve quality of life for them and the person with dementia. Research indicates that coaching often helps individuals remain in their home longer.

### COST

The person or family would be responsible for all expenses incurred for direct services if no payment or respite scholarship options exist.

### MORE INFORMATION

To learn more about the availability of Habilitation Therapy in your area, call our Information & Referral Department at 800-892-0890.

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