

Traycee Home Care Services, Inc.

10 Strategies to Bring Joy and Healing to your Older Loved Ones

1. Reminiscing Activities (Embellishing on key positive moments in the individual's part to bring joy, stimulate positive self-worth, and share meaningful experiences)
 - Scrap booking, observing pictures, telling stories, asking questions, etc.
2. Current Events (Keeping the individual informed, productive, pro-active, involved, feeling important)
 - Newspapers, internet (coaching to surf the web), libraries, attend lectures and workshops)
3. Music Appreciation (Memory lane, sing-a-long. learning through music, instruments, rhythm practice, favorite songs)
4. Stress management (Coaching ways to lower anxiety, gain coping skills)
 - Support, breathing, relaxation, discussing concerns, meditation, quiet time, among other strategies)
5. Journaling and Memoirs (Write life stories, make video tape for family, discuss opinions and values, recognize meanings and things that have been important)
6. Flowers and Nature (Nature Heals! Stimulate activities that are nature related)
 - Gardening, walks outside, excursions to beautiful scenic place's, arrangement, etc) .
7. Cognitive Exercises ("Use it or lose it." The brain needs exercise. Keep the individual learning and stimulating his or her brain)
 - Meaningful and stimulating mental fitness exercises for enhancing memory, organizational skills, creativity, and sense of purpose.
8. Daily Ongoing Companionship (home health person as companion to stimulate activity and interact to bring meaning and emotional support to the individual)
9. Create a Very Pleasant Environment (Make the home beautiful, lively, cozy and safe)
 - Ergonomics, aroma, nature, flowers, space, safety, air flow, sun light, clean, soft music, etc.)
10. Creativity on Daily Basis (Stimulate creative flow and meaningful expression of creativity)
 - (Art, cooking, crafts, sculpting, flower arrangements, writing, decorating, etc.)

448 Sheridan Road, Highwood, IL 60040 Phone:
(847) 432-5190 Fax: (847) 432-7450 Toll Free:
(877) TRAYCEE www.traycee.com