

Anxiety & Agitation

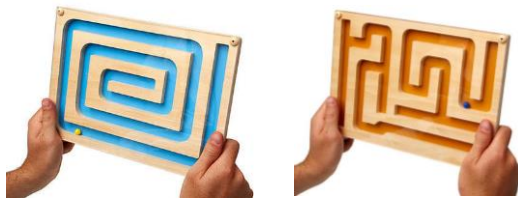
Assistive Technologies



Fidget Boards, Boxes, Blankets, & Sleeves

Fidget items are innovative tools for sensory stimulation that may decrease agitation or anxiety while occupying the individuals. They allow participants to play with doors, knobs, hinges buttons, zippers, and things that are familiar.

Maze Games



The maze is light weight and has high color contrast to help player with visual impairment. Maze games are a great tool to provide stimulation, engagement and enjoyment to people with cognitive impairment.

<https://www.active-minds.org/us/>

Joy for All Companion Pets



Joy for All Companion Pets are designed to bring comfort, companionship and socialization. Their presence can help reduce the effects of anxiety, agitation, irritability, depression, and loneliness.

<https://joyforall.com>

Baby Doll Therapy



Babies can be calming and soothing. Caregivers can use doll therapy for cognitively impaired individuals to give a loved one the sense of responsibility, socialization, and purpose. Dolls can decrease stress, agitation, and anxiety.

<https://www.ashtondrake.com>

Weighted Blanket



Weighted blankets or lap mat provide deep pressure therapy. Pressure therapy can calm and sooth individuals. Decreasing agitation and anxiety. They can also improve sleep quality.

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Aromatherapy



Certain essential oils have been shown to have positive effect on mood, behavior, and cognitive functioning. Smells can induce memories and feelings.

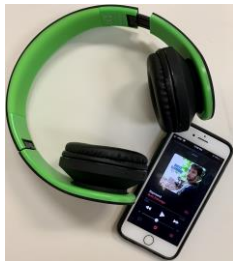
Calming/sleep: lavender, peppermint, & jasmine

Decreasing Anxiety: orange & lemon

Positivity: orange, lemon, & rosemary

Focus: cinnamon

Music Therapy



Listening to music and singing songs can provide emotional and behavioral benefits for people with cognitive impairment. Music can reduce stress-induced agitation, stimulate positive interaction, facilitate cognitive function, and induce memories.

Activities

Puzzles	Touch therapy	Card sorting/games	Sensory/busy boxes
Audio books	Virtual reality	Adult coloring books	Photo reminiscing
Exercise	Fold laundry	Computer games	Exercise
Sort items (silverware, buttons, color paper sorting, money sorting, etc.)			

Resources

- **Dementia Alliance NC:** <https://dementianc.org/>
- **Alzheimer's Association:** <https://www.alz.org/>
- **Music & Memory:** <https://musicandmemory.org/>
- **Veteran Services:** https://www.va.gov/landing2_vetsrv.htm
- **NC Assistive Technology Program:** <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program>
- **50 Activities for Dementia:** <https://www.alz.org/help-support/resources/kids-teens/50-activities>
- **10 Fun, No-Fail Activities for People with Dementia:** <https://dailycaring.com/activities-for-people-with-dementia-10-fun-no-fail-ideas/>

**Products listed on this document are samples of products available for purchase by individuals. Eastern Carolina Council Area Agency on Aging doesn't endorse any one product or brand.

Information Provided By:


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