Using a Montessori Approach for Managing Dementia

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: Monday, June 4\textsuperscript{th} to Sunday, July 1\textsuperscript{st}, 2018 (4 weeks) ONLINE weekly at your discretion
Cost: $240 (Students $120) Registration Deadline: May 28, 2018
This workshop will be offered only if there is sufficient enrolment by May 28\textsuperscript{th} 2018.

Course Objectives:

- To provide an overview and enhance existing knowledge about the Montessori-based Dementia Program principles in the context of an aging population;
- To gain an understanding of the various types of dementia and their causes.
- To gain an understanding of responsive behaviours and their triggers.
- To provide an overview of the Montessori Prepared environment, and the application of the principles of the Montessori pedagogy to everyday contexts of care for older adults;
- To gain an understanding of specific Montessori-based activities and their benefits to people living with dementia.
- To gain an understanding of ways to promote a social environment based on the Montessori principles.

Week 1: An overview of dementia and an introduction to Montessori principles

- Exploring the different types of dementia
- risk factors: fixed and modifiable
- Dementia by the numbers: an overview of existing research
- An exploration of the experience of dementia: patient’s, clinicians and caregivers’ perspectives
- Treatment option and therapies
- An in-depth examination of the Montessori Principles and philosophy

Week 2: An overview of types of memory and responsive behaviours

- Exploring the meaning of a Montessori ‘Prepared Environment’
- Understanding the value of activities of daily living
- An in-depth examination of observation skills
- Understanding the different types of memory and how these are affected in people living with dementia
- Exploring activities that will enable the maintenance of skills required for daily living
- Understanding the value of care of the environment activities that help in fostering independence
- Understanding the importance of reinforcing daily routines
- Exploring the different kinds of responsive behaviours and their triggers

Week 3: An overview of Cultural, Sensorial and creativity-based Activities

- Explore activities that will enhance cultural experiences
- Explore activities that will enhance the use of senses for people living with dementia
- Explore activities that will foster an interest in the area of creativity
- Discuss essential qualities of Montessori activities

Week 4: An overview of Cognitive and Communication-based Activities

- Understanding the value of cognitive-based activities
- Understanding the value of communication-based activities
- Provide resources for caregivers’ ongoing support
- Provide activities that will enhance cognitive skills in people living with dementia
- Provide activities that will enhance communication skills in people living with dementia
- The future vision of the Montessori based dementia program.
Nandita Agarwala
A Montessori Educator and director, Nandita Agarwala has dedicated her life to the development of children. She completed her Diploma in Montessori Education in 1987. She subsequently completed the Toddler Montessori Training and Lower Elementary training in India. Nandita completed her Montessori Accreditation Council for Teacher Education certification (Casa) in Toronto in 2006. She has completed her Trainer of trainers’ Course from the Montessori Teachers College, Toronto in 2015 and gives lectures at the college. She has completed the Montessori Dementia training and gives workshops to Montessori Educators and Caregivers in the application of the Montessori philosophy when working with people living with dementia. She is a Director on the board of the Canadian Association of Montessori Teachers and is closely associated with the Canadian Council of Montessori Administrators, an organization that accredits authentic Montessori Schools across Canada.

Raza M. Mirza
Dr. Raza M. Mirza received his MSc & PhD degrees from the Graduate department of Pharmaceutical Sciences at the University of Toronto’s Leslie Dan Faculty of Pharmacy. His areas of expertise & teaching interest include research methods, medical decision-making, the socio-behavioral determinants of health in persons aging with a chronic illness, health promotion, health policy, & factors influencing late-life social, mental & physical well-being. He has been an invited speaker at national and international conferences, workshops & symposiums, & has consulted with various levels of government on diverse issues. Dr. Mirza is a Senior Research Associate at the University of Toronto and the Network Manager for the non-profit organization the National Initiative for the Care of the Elderly (NICE; www.nicenet.ca), an international knowledge transfer network in the field of aging. As part of the Montessori Dementia Program, Dr. Mirza teaches the “Dementia Overview” lecture and facilitates the “Responsive Behaviours” session.