



Jewish Family Service

Caring for all Utahns since 1872

**Creative interventions to reduce social isolation
for people with dementia and their caregivers**



Rosemary Quatralle
Older Adult Care Manager



Jewish Family Service
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801-746-4334
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Jewish Family Service

Helping all Utahns since 1872

We are a non-denominational social service agency

We help anyone

- Mental Health Counseling
- Community Education classes
- Food Pantry
- Programs for Seniors



**Jewish Family
Service**

www.jfsutah.org

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What I do

Older Adult Care Manager

- Music and Memory
- Caregiver Support Group
- Dementia Friendly Activities
- Food Stamp Application Assistance
- Community Resources



What's Up???

- Alzheimer's Disease
- Dementia
- Forgetfulness
- Confusion
- Stroke
- Traumatic Brain Injury

stroke
Disease
Injury

alzheimer's

traumatic
forgetfulness
dementia
confusion
Brain

Chronic forgetfulness that affects daily living, which includes memory disorders, personality changes, and impaired reasoning.



Dementia

Alzheimer's Disease

Vascular Dementia (stroke)

Frontotemporal Dementia

Lewy Body Dementia

Benefits of Music

- ❖ Makes us happy
- ❖ Reduces stress
- ❖ Improves mood
- ❖ Music is fun
- ❖ Eases Pain
- ❖ Reduces depression



Speakers
EchoDot Pandora
Siri iPod
Alexa Radio Cd's
Albums Spotify
Headphones

Musicals, Jingles, Songs from Childhood, TV Theme Songs

Sing Together, Dance, Reminisce, Ask Questions, Talk, Laugh, Enjoy



Personalized iPods

- Improve mood
- Reduce anxiety, agitation, depression
- Provides entertainment
- Benefits the person with dementia and their caregiver



For more information contact
Rosemary: rosemary@jfsutah.org

Jean loved her headphones!!



Donate iPods

- Bring joy and comfort to seniors
- The Music and Memory program provides iPods loaded with beloved music to older adults living with dementia and chronic illness
- Please help by donating working iPods and chargers



To make a donation contact Rosemary: rosemary@jfsutah.org



Gleeful Choir



Gleeful Choir



We meet every Wednesday at 2 p.m.
Contact Emily Christensen to join 😊
emily@musictherapyutah.com



You Are Not Alone!!

Caregiver Support Groups/Discussion Groups

Meet people who understand. Talk, share, laugh, cry. Make friends.

1-Jewish Family Service Caregiver Support Group Meets every other Monday at 3 p.m. on Zoom
Contact Rosemary: rosemary@jfsutah.org, or call 801-746-4334

2-County Aging

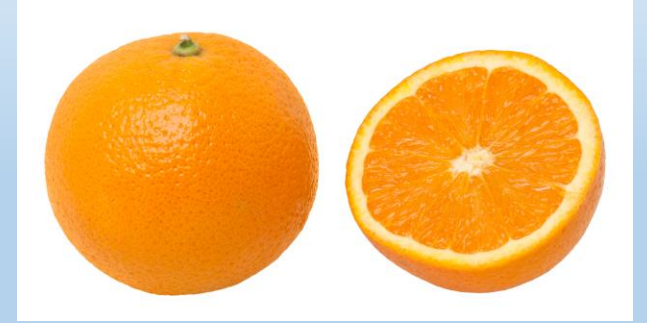
3-Alzheimer's Association 800.272.3900

<https://www.alz.org/media/utah/documents/2020-caregiver-support-groups.pdf>

Dementia Friendly Activities

What is it?

- An activity for persons with dementia and their caregivers.
- We meet every other Thursday at 11 a.m.
- Contact Rosemary to join 😊 rosemary@jfsutah.org





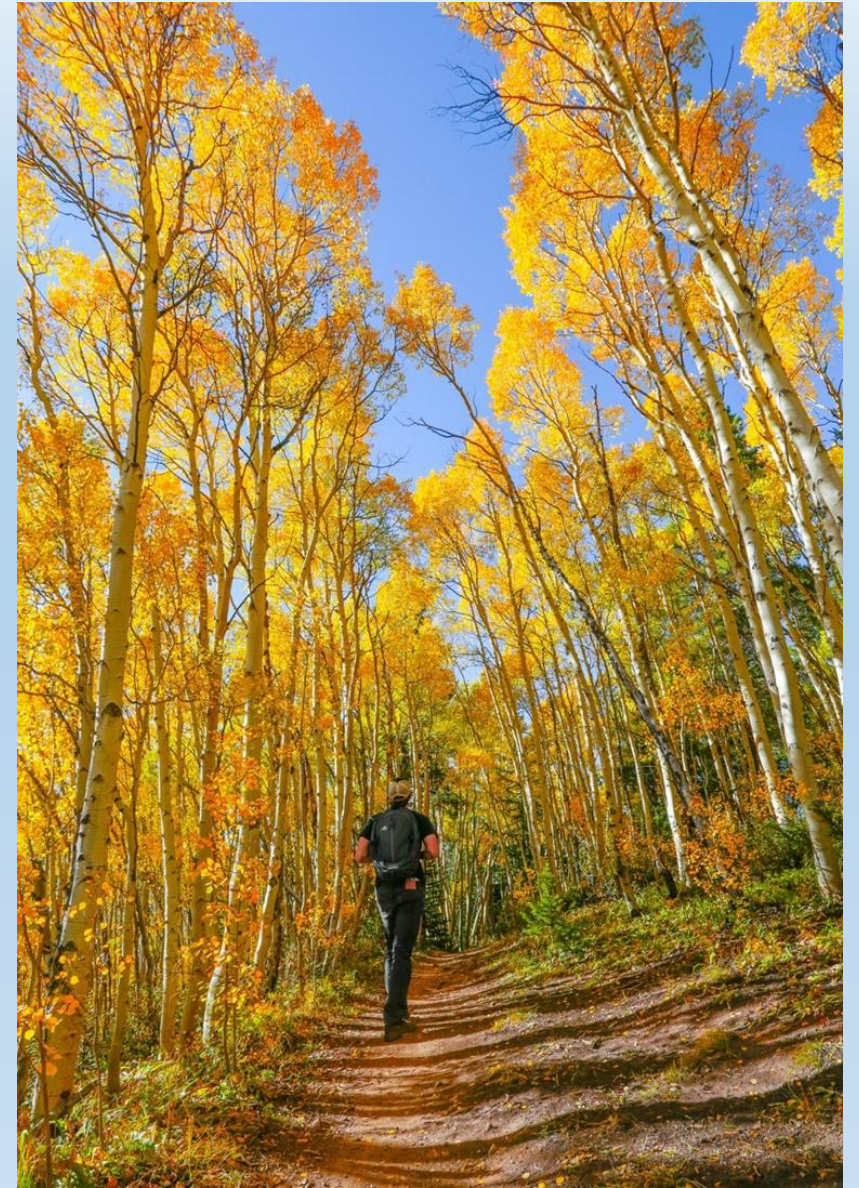
TV Theme Songs



ANIMALS



Fall



Sports



Ask Open Ended Questions

- Think about the senses
- Keep questions general.
- Avoid yes or no questions.
- What does this remind you of?
- What do you like about this?

Other Themes:

Famous Works of Art

Touch

Crafts

Birds



Thank You!!

