

# Calming Tools and Activities

For Anxiety and Agitation

Incorporating sensory stimulating objects and activities can help relieve your loved one's overall stress, anxiety, depression, and agitation. This resource can provide calming strategies to improve well-being in individuals with dementia and other cognitive impairments.

## FIDGET APRON

A common trait seen in dementia is fidgeting due to anxiety and agitation. This can lead to self-harm, such as picking at one's own skin. A fidget apron contains different objects designed to keep your loved one occupied and stimulated. The different tactile sensations keep busy hands happily occupied while also providing a calming effect.



## ROBOTIC PET

Robotic pets can have a therapeutic effect by decreasing irritability and depression. The pet acts as a companion in your relative's daily routine to provide interaction and counter feelings of loneliness or boredom. The robots require no maintenance for individuals who are no longer able to care for a pet.

## WEIGHTED BLANKET

A weighted blanket can calm your care recipient when they are feeling stressed, moody, or disoriented. The deep pressure stimulation from the added weight in the blanket may give your loved one the feeling of support and safety similar to the feeling of being held.



Pictures from <https://www.alzstore.com/>

**Alzheimer's** | ORANGE COUNTY

2515 McCabe Way, Suite 200, Irvine, CA 92614 | 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)

# Calming Tools and Activities

For Anxiety and Agitation

## MUSIC PLAYER

Music has been proven to improve the mental well-being of an individual with dementia by decreasing their stress, depression, agitation, and anxiety levels. The stimulation of the sound can be therapeutic, providing comfort and pleasure to your loved one. Familiar songs can trigger happy feelings and may distract the individual from anxiety or depression. Encourage your relative to sing and dance along to make it a fun activity.



## ADULT COLORING BOOK

A coloring or painting activity can help your loved one to feel calm when challenged with anxiety, depression and even boredom. Creative activities that involve colors and different sensory objects can help boost the overall mood and stimulate cognitive functioning while keeping your care recipient busy and happy!

## ESSENTIAL OILS AND CANDLES

Using familiar or calming smells, such as lavender infused oils and candles may help reduce agitation and distress your loved one may exhibit. Sometimes using familiar smells such as a common household fragrance can help unlock a happy memory and create a soothing and comforting environment.



Pictures from <https://www.alzstore.com/>

**Alzheimer's** | ORANGE COUNTY

2515 McCabe Way, Suite 200, Irvine, CA 92614 | 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)