

HOT Evidence

Interventions to Improve Psychological Symptoms for People Living with Alzheimer's Disease and Related Dementias

Why This Matters

- ▶ The number of older adults with Alzheimer's disease or other related dementias is increasing.
- ▶ Psychological symptoms of dementia can include depression, anxiety, aggressive behaviors, agitation, or wandering, among others.
- ▶ Occupational therapy practitioners can provide interventions to improve the psychological symptoms of dementia and enhance participation in desired and necessary activities.

Improving Psychological Symptoms

Evidence-Based Interventions



Music



Socialization



Massage and touch



Animal Therapy



Cognitive Behavioral Therapy



Cognitive Stimulation



Exercise



Caregiver education



Reminiscence

Find the Evidence:

Visit <https://research.aota.org> to review the Systematic Review Briefs on this topic