

# Snoezelen for people with dementia

Katijana Harasic  
Nurse HF  
Additional qualification Snoezelen  
of ISNA  
Authorized Trainer in  
Integrative Validation®

Copyright Katijana Harasic

## Some core symptoms of dementia

- ◆ Memory disorder
- ◆ Disorientation
- ◆ Impaired concentration
- ◆ Loss of the capacity for abstraction
- ◆ Loss of logical thinking
- ◆ Speech, word-finding disorder
- ◆ Detection, identification, fault action
- ◆ Narrowing of the visual field
- ◆ Loss of body perception boundaries

Copyright Katijana Harasic

## Self-protection strategies

- ◆ Denial
- ◆ Relativize
- ◆ Somatization
- ◆ Note
- ◆ Ritualize
- ◆ Isolate
- ◆ Foreign accusation

Copyright: Katijana Harasic

## Reasons for withdrawal into the inner life related to the present:

- ◆ Experience of limitation
- ◆ Loss of skills
- ◆ Loss of present and future orientation
- ◆ No able to be alone any longer
- ◆ To be other-directed

Copyright: Katijana Harasic

## Reasons for withdrawal into the inner life related to the past:

- ◆ Remember «good old times»
- ◆ Remember people who were closely related (e.g. parents)
- ◆ Desire for safety and security
- ◆ Remember times when you had a status, a role

Copyright: Katijana Harasic

## Snoezelen as a care concept

Is Snoezelen for people with dementia a therapy or recreational?



Copyright: Katijana Harasic

## Goals that we aim

- ◆ Improving quality of life
- ◆ Promote trust and relaxation
- ◆ Experience new dimensions of perception
- ◆ Reduction of anxiety, agitation, Hiking
- ◆ Reduction of apathetic and depressive behavior
- ◆ Opportunity to reminisce
- ◆ Opportunity to validate

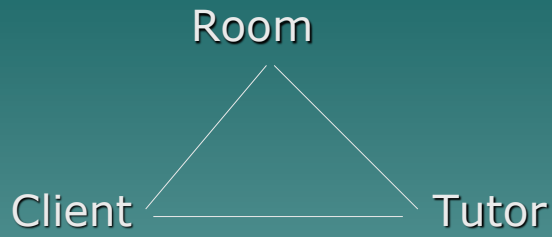
Copyright: Katijana Harasic

## Principles

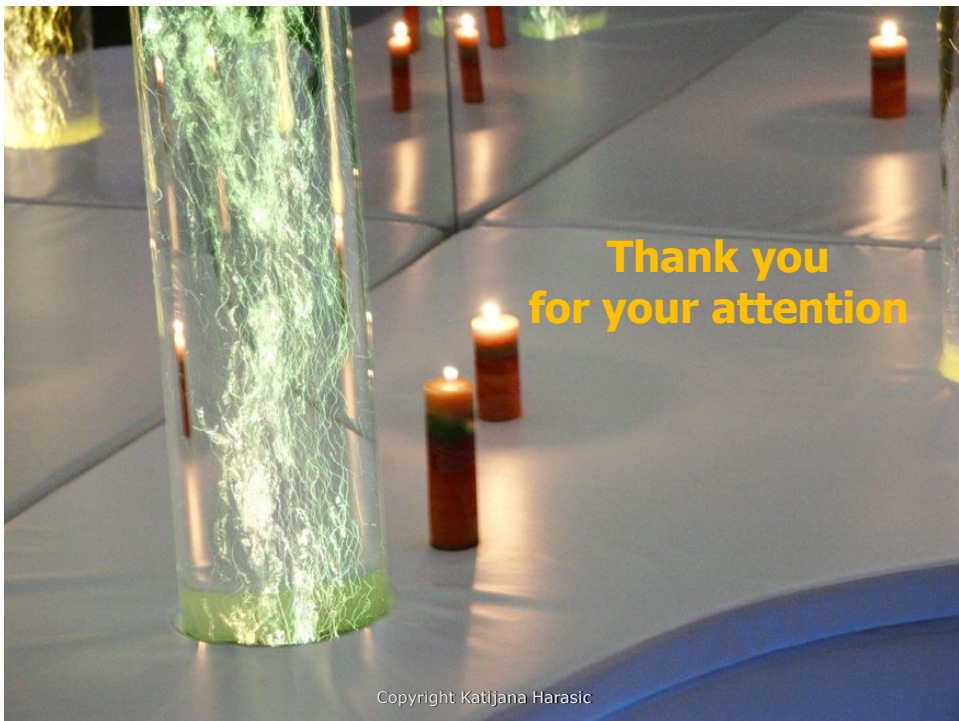
- ◆ Voluntary
- ◆ Motivation
- ◆ Individuality
- ◆ Duration
- ◆ Time
- ◆ Pace
- ◆ Company

Copyright: Katijana Harasic

# Didactic triangle



Copyright: Katijana Harasic



Copyright: Katijana Harasic