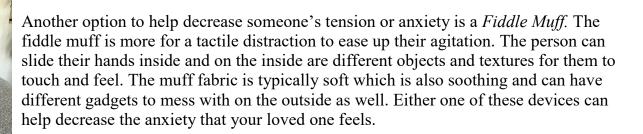
MAC's Smart Aging Tips and Tricks from the *Caregiver Resource Center*

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People with dementia can show their anxiety or agitation through fidgeting or rummaging. These restless behaviors can affect the person's quality of life and can be exhausting for a caregiver. How do you ease their distress? Here are a couple options.

A calming and soothing sensory experience can be a *fidget board*, which helps someone keep their mind and hands busy which will decrease their anxiety. A caregiver can purchase a premade board online but if you choose to make one yourself some ideas could include: shoelaces, fastening buttons/buckles/zippers, lock and key and more. The concept is to gear the board to common "tasks" that would be easy for the person to manipulate on their own and keep them occupied.



Fidget Board:



Fidget Blanket:



Assistive Technology is not one size fits all. It is about personal choice and what best fits your loved one's needs.

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148–Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy. We are not endorsing companies. Product description / information provided by manufacturers.



