

# MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

July 2024



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.



Another option to help decrease someone's tension or anxiety is a *Fiddle Muff*. The fiddle muff is more for a tactile distraction to ease up their agitation. The person can slide their hands inside and on the inside are different objects and textures for them to touch and feel. The muff fabric is typically soft which is also soothing and can have different gadgets to mess with on the outside as well. Either one of these devices can help decrease the anxiety that your loved one feels.



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](mailto:sgay@macinc.org) or ext 146 - Katie Clatterbuck / [kclatterbuck@macinc.org](mailto:kclatterbuck@macinc.org)

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