

## Community Program Guidelines

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AAD is proud of the community programs we offer to the dementia community in Bermuda. Our programs are offered primarily to benefit those experiencing cognitive difficulties as a result of Alzheimer's and other types of dementia. Current research in the field of dementia care recommends regular meaningful engagement in activity; participation in non-pharmacological therapies such as music, art, and movement; and ongoing opportunities to connect socially within the community. These activities have been proven to be beneficial for mood, behavior and quality of life.

In order to ensure our community programs continue to provide an engaging, creative and safe environment we ask all family members and caregivers to please adhere to these guidelines when attending AAD programs.

We ask that you share this information with all family members and caregivers that attend AAD activity programs.

### **Clients must be accompanied at all times**

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Clients are to be accompanied by a family member or caregiver at all times. At no time must clients be dropped off to attend a program by themselves.

### **Actively engage clients in activities**

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To ensure maximum therapeutic benefit of the activities offered, family and caregivers are asked to actively engage clients in the music, movement, games and/or art activities to each individual's optimal ability. There should be a focus on participation in the activity process, and not just the outcome. The goal is always to participate WITH the client vs. participating on their behalf.



## **No Cellphones or mobile devices**

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Cellphones and other mobile devices should not be used during the program to enable full participation and engagement in activities.

## **Be mindful of communication methods**

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In an attempt to provide a therapeutic environment for all participants, we ask that those accompanying clients remain mindful of the ways in which we communicate with others. Excessive noise levels can be over stimulating and distressing for some clients.

## **Special dietary requirements**

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Light refreshments are served during the first hour of each community program. Family members and/or caregivers should bring suitable refreshments for any client with special dietary requirements, as these cannot be catered for by the charity.

## **Safe access**

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Vehicles must be parked away from the entrance to the activities program, to allow safe access for all.

## **Waiver Form & Emergency protocol**

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A waiver form must be completed and signed. Accompanying family members/caregivers are solely responsible for decision making in the event of an emergency.

Please contact us at [alzbermuda@yahoo.com](mailto:alzbermuda@yahoo.com) if you have any questions regarding these guidelines.