

Spirituality and Memory Loss: Tips for Using Faith as a Memory Care Therapy

Memory care researchers are finding growing evidence that faith and spirituality play a valuable therapeutic role for individuals living with Alzheimer's disease and other forms of progressive memory loss – particularly in the early stages.

Various memory loss studies have collectively reported that older people with early stage memory loss believe that their personal spirituality is highly important in their acceptance of their memory loss and relief from fears and anxiety.

Specifically, faith and spirituality appear to consistently aid those with memory loss in several ways, including:

- Easier acceptance of their memory loss
- Relief from worrying and anxiety commonly associated with memory loss
- Lower stress levels and fewer cases of depression
- Staying connected to family, friends and the community through the church
- Improved overall quality of life through happiness and a positive attitude

Other memory care studies suggest that maintaining a spiritual connection may actually slow down cognitive decline and help to prevent memory loss.

Experts say that people with memory loss, especially those raised in faith-based households, can be uplifted by worship services and clergy visits. They can also enjoy age-old rituals and hearing favorite hymns and scripture passages as part of a memory care plan.

At-home caregivers can use the following faith-centered memory care activities for their family members with memory loss:

- Use older scriptures or translations and encourage interaction; the person may no longer relate to the newer, international versions.
- Make connections through music – traditional songs or old hymns may be better received than modern spiritual music.
- Foster an atmosphere of joy, trust, and comfort.
- Create a spiritual connection during a home visit with a familiar prayer or scripture – or recount a familiar special event at your place of worship.
- Involve the person in activities that connect him or her with others, and that match the person's changing abilities, such as:
 - Attending choir concerts or taking part in Sunday school
 - Doing tasks that are repetitive; e.g., stuffing bulletins, filing, sorting
 - Creating an album or filling a "memory box" with special items
 - Participating in intergenerational programs

By understanding the value of spirituality for a person with memory loss and applying these simple tips, you can bring a valuable sense of comfort and calm to their life.



**Provident
Village**

at Creekside

***Live Vibrantly!* at Provident Village at Creekside**

At Provident Village at Creekside, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!

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