



Occupational Therapy Services for Alzheimer's Disease

For people living with Alzheimer's disease or another type of dementia, occupational therapy services can help with adjusting to changes in thinking and how those affect their daily activities, mood, and health.

For partners or family members of people living with dementia, occupational therapy services can help with education about dementia, caregiving, and taking care of their own mental health and well-being.

Occupational therapy practitioners work with clients to:

- Learn about and plan for possible changes related to dementia
- Address problems with tasks such as bathing, dressing, and cooking
- Develop routines and activities they enjoy
- Improve the ability to adapt to changes in thinking and understand information
- Manage medications
- Make their home safe and reduce wandering
- Decrease depression and anxiety
- Manage pain
- Stay physically and socially active

What You Can Do



Ask yourself if you or a loved one are having difficulty with daily tasks due to dementia



Ask your care provider for occupational therapy services

Reference: Smallfield, S., Metzger, L., Green, M., Henley, L., & Rhodus, E. (2024). Occupational therapy practice guidelines for adults living with Alzheimer's disease and related neurocognitive disorders. *American Journal of Occupational Therapy*, 78, 7801397010. <https://doi.org/10.5014/ajot.2024.078101>