

Relaxation - Library Materials

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The ultimate relaxation album	Adult CDs	789.814 Ultimate
The ultimate relaxation album. II	Adult CDs	789.814 Ultimate
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Thunderstorm	Adult CDs	789.159 Thunderstorm
Sounds of the forest music for string quartet	Adult CDs	789.159 Haydn
Sounds of the sea a journey into nature and music.	Adult CDs	789.159 Sounds
The ultimate most relaxing Mozart in the universe	Adult CDs	789.814 Mozart
Rocky Mountain retreat	Adult CDs	789.159 Rocky
The sounds of the Rocky Mountains	Adult CDs	789.159 Sounds
Cello & piano meditations music for relaxation and healing.	Adult CDs	789.8174 Darling
The sounds of Yellowstone beautiful music & the natural symphony of Yellowstone.	Adult CDs	789.159 Heintz
Celtic music for stress relief	Adult CDs	WORLD-CELTIC Celtic
Ed Sullivan Shows starring the Beatles	Adult DVDs	789.6 Beatles
Bringing up Baby	Adult DVDs	Comedy Romantic
It's A Wonderful Life	Adult DVDs	Drama It's
The Little Princess	Adult DVDs	Drama Little
Little Women (with Katherine Hepburn)	Adult DVDs	Drama Little
Oklahoma	Adult DVDs	Musical Oklahoma
Singing In the Rain	Adult DVDs	Musical Singing
The Sound of Music	Adult DVDs	Musical Sound
Swing Time	Adult DVDs	Musical Swing
The Wizard of Oz (with Judy Garland)	Adult DVDs	Musical Wizard
Andy Griffith Show TV Series	Adult DVDs	Television Andy
Beverly Hillbillies TV Series	Adult DVDs	Television Beverly
The Bob Newhart Show	Adult DVDs	Television Bob
The Carol Burnett Show	Adult DVDs	Television Carol
Dick VanDyke TV Series	Adult DVDs	Television Dick
The Best of the Ed Sullivan Show	Adult DVDs	Television Ed
Leave it to Beaver	Adult DVDs	Television Leave
The Waltons	Adult DVDs	Television Waltons
Reader's Digest Large Print	Adult Magazines	Reader's Digest

Relaxation – Activities

- A back rub, covering in a warmed blanket or sometimes just warming hands can help.
- Be sure they are completely physically comfortable: nothing is in a shoe, nothing is poking them, and they are warm and dry.
- Hold hands palm to palm for a full connection.
- Listen to familiar music or sing familiar songs together. Watch a favorite film.
- Go for a walk together.
- When appropriate, acknowledge negative emotions and validate them.
- Sit in a rocking chair (if mobility allows them to stand from it). There are also gliders available with a locking feature.
- Use favorite perfume, talcum powder or after-shave. Use a lavender sachet.

Tips

It is easier to prevent anxiety than it is to relieve it. If you know a situation or activity will cause anxiety, provide a way to cope with it before the anxiety begins. If you know a bath causes anxiety, start with a modesty cape or with something to hold. If going to the doctor creates anxiety, start with headphones with favorite music or some other coping help.

If you must ask them to do something you know they will not want to do, try establishing the reason first. For example, if you know they will not want to wash their hair, first say something like, “There is something on the back of your head. What is that? Let’s get that off you, here I can help.” Then be ready to immediately take care of it. Think about things they don’t like to do and think of a way to establish the reason first. Then, you are a helper.

If anxious hands get busy with something that is not healthy – provide a different activity. Don’t tell them to stop doing what they are doing. If you learn that there are situations when they are likely to begin doing an activity that is harmful, initiate a better activity before it starts.

A source of most anxiety is due to a loss of identity and not understanding their surroundings. The more you can maintain a simple routine with activities that are familiar, the less anxious they will be. Doing things the same way at the same time every day can be tedious for the caregiver, but it is reassuring to the person with dementia. Purposefully create variety that only affects you so that you can both be happy.

Whatever your relationship is: friend, sibling, parent, child—treat them fully that way. Let them be that person to you and they will be that person to themselves.

Mostly they will respond to your tone of voice. If they become agitated but you continue to respond in a conversational tone of voice, they may forget they were upset.

Substitute an activity for a behavior. If a person with dementia rubs his or her hand on a table, provide a cloth and encourage the person to wipe the table (from the Alzheimer’s Association’s website).

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer’s Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.