

COMPLEMENTARY THERAPIES



FOR ALZHEIMER'S



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Many complementary therapies are used in combination with conventional drugs to enhance the quality of life for people with Alzheimer`s.

Examples are:
Aromatherapy
Meditation
Music
Light
Art
Pet
Doll

However, additional rigorous clinical research are required to properly support the conclusions and usage of these complementary therapies, but for now let's learn more what has been done.

Light Therapy

With Light Therapy, in 2017, a short study participants with dementia reported improved cognitive performance, better sleep, less furious outbursts, less anxiety, and less wandering after the trial.

Art Therapy

Art therapy engages attention, offers enjoyment, and improves neuropsychiatric symptoms, social conduct, and self-esteem, according to case studies and short trials. Yet, it is uncertain whether these advantages extend outside the studio.

Music Therapy

A review of music therapy for dementia concluded that, based on the available evidence, it may be beneficial in treating symptoms and improving the quality of life of people with dementia and their carers.



Meditation

Training patients with Alzheimer's disease and their carers in mindfulness-based stress reduction has been shown to improve their quality of life and reduce their stress.

Jon Kabat-Zinn created and popularized this meditation-based technique. MBSR is being used in places such as schools and prisons. Again, meditation's advantages are mostly restricted to the early stages of the disease. .

Aromatherapy

A study analysed the healing benefits of aromatherapy in dementia in 28 senior adults, 17 of whom had Alzheimer's disease.

After therapy, all patients improved significantly in personal orientation associated to cognitive function.

Patients with Alzheimer's disease, in particular, exhibited a considerable improvement in overall TDAS (Touch Panel-type Dementia Assessment Scale) scores. Routine laboratory testing revealed no significant alterations, suggesting that there were no adverse effects linked with the use of aromatherapy.



Don't hesitate Look for Help

It is best to consult with your loved one's doctor about any potential complementary treatments to verify that they will not interfere with their existing therapy.

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