

# Dementia Doll Therapy Certification

*Presented by DES on behalf of The Grand Baby Project*



## Dementia Doll Therapy Certification

### Critical Points

- ✓ Ruby's Story
- ✓ Evolution & Research
- ✓ Critical & Supportive Schools of Thought
- ✓ Family Education and Overcoming Objections
- ✓ Doll Characteristics
- ✓ C.A.R.E. Methodology & Approach
- ✓ SCENT-sory Engagement
- ✓ Next Steps

# Dementia Doll Therapy Implementation

The Full Process

## 3 STEP PROCESS

- 1) **DDTC CERTIFICATION CALSS** – In order for Certification to be complete you must order a Therapy Doll Kit
- 2) **DELIVERY SPECIALIST STAFF TRAINING** – Offered virtually/Recording & Digital Workbook Provided
- 3) **BABY SHOWER IMPLEMENTATION** – FREE Therapy Dolls/ Healthcare Partnership Strategy

# The Definition of Dementia Doll Therapy

Definition

Dementia Doll Therapy is a therapeutic approach used in the care of individuals with dementia, where dolls are used as a tool to engage, comfort, and communicate with those affected by the condition.

This form of therapy taps into the nurturing instincts of individuals with dementia, allowing them to express care and affection which can lead to reduced agitation, increased happiness, and improved communication.



## Ruby's Legacy

### Meet Ruby



# Dementia Doll Therapy Benefits Resource Guide

## Benefits Resource Guide

**DEMENTIA ENGAGEMENT STRATEGIES**  
**Benefits of Dementia Doll Therapy**  
 D.E.S. aims to improve the lives of those living with Dementia through our Dementia Engagement and Research Programs.

**BENEFITS RESOURCE GUIDE**  
 D.E.S. in partnership with The Grand Baby Project delivers dementia therapy dolls to Senior Care Communities through our Baby Memory events and to Careless Family. Research studies have proven the use of therapy dolls with dementia patients reduces behaviors that are difficult to manage at home or in a community setting.

**BENEFITS BASED IN RESEARCH**

**Emotional Stability**  
 Doll therapy offers individuals with dementia a source of comfort and relief, helping to alleviate feelings of loneliness and isolation.

**Reduction in Agitation and Anxiety**  
 Engaging with therapy dolls has been shown to reduce agitation, anxiety, and disruptive behaviors in dementia patients, promoting a calmer environment.

**Enhanced Social Interaction**  
 Doll therapy acts as a conversational partner, encouraging social interaction and reducing feelings of isolation, thereby improving quality of life for patients.

**Reduction of Wandering and Escaping Behaviors**  
 The act of holding a doll can create a sense of purpose and fulfillment, helping to reduce the need to wander or escape the care facility.

**Memory Recall and Cognitive Engagement**  
 The use of dolls (e.g., dolls with names) can prompt memories of past events, providing cognitive stimulation and opportunities for social interaction.

**Non-Pharmacological Approach to Behavior Management**  
 Doll therapy offers an alternative to pharmacological interventions for managing behavioral and psychological symptoms of dementia, reducing the need for medication and its potential side effects.

**Improved Quality of Life**  
 By addressing emotional and psychological needs, doll therapy contributes to an overall improvement in the quality of life for individuals with dementia.

**Support for Caregivers**  
 Doll therapy can also provide respite for caregivers by reducing challenging behaviors and creating positive engagement opportunities for the person with dementia. This resource guide aims to highlight the widespread benefits of dementia doll therapy, underscoring its value as a compassionate and effective approach to dementia care.

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# Dementia Doll Therapy Benefits Resource Guide Part 2

## Benefits Resource Guide

**DEMENTIA ENGAGEMENT STRATEGIES**  
**Dementia Doll Therapy**  
**Research Guide**

The Grand Baby Project has delivered more Dementia Therapy Dolls than all research studies combined in the world and offers the only Dementia Therapy Doll Certification in the USA.

Dementia Doll Therapy has been conducted in various countries, including the UK, Australia, Japan, and the USA. Japan has been at the forefront, conducting the first documented study in 2001. Further research is needed to explore the long-term effects and optimal implementation strategies.

Only in reality and one book, "Doll Therapy in Dementia Care" by Gary Mitchell, states, "where this topic findings suggest that Dementia Doll Therapy may be an effective intervention for reducing agitation and promoting social interaction among individuals with dementia."

**Timothy Study (Japan, 2001)**

- Research conducted by Yokoichi Tamura and colleagues
- People in this study preferred the more "realistic" baby doll
- More people living with Dementia followed the dolls over real babies
- Participants who would engage with a doll did so within the first 30 seconds
- Study conducted in facilities which all had dementia care and lived in a long-term care facility
- The study aimed to investigate the effects of doll therapy on behavioral and psychological symptoms of dementia (BPSID) among elderly individuals which ranged in ages 65-94
- The most common observed behaviors were: "holding while supporting the doll's neck, shaking the doll's hand, and talking out to the doll"

**Mullender Study (England, 2001)**

- Study utilized on all 27 residents with Dementia
- Utilization of the people who used dolls was judged to reduce a wide range of BPSID, as well as lower falls by using them
- Utilizing resources were associated with greater levels of interaction with staff, better responses, appeared happier, less agitated and more amenable to personal care activities

**Cohen-Mansfield (Maryland, USA, 2002)**

- Each person was presented with 43 professional-dollers engagement stimuli (e.g. life-size baby doll, rubber animal, a magazine, a ball etc.)
- Presented to 100 people living with Dementia residing in a care home
- Average age of the 100 female, 82 years
- Authors found that residents preferred dolls as opposed to animals and animal-shaped toys

**Cohen (Chicago, USA, 2002)**

- All patients admitted to the 12 long-term psychiatric units over a period of 6 months
- 100 patients were women, all female
- Average age of 84 years
- Authors found that people engaging in doll therapy were more likely to receive LSS (Hochschild) as opposed to those who didn't

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## Perspectives in Non-Pharmacologic Interventions

While each therapy offers unique benefits, they also cater to different needs and preferences of individuals with dementia, providing a range of therapeutic options to enhance their quality of life.

### OTHER NON-PHARMACOLOGICAL INTERVENTIONS

**Pet therapy** uses the presence of a live animal to evoke memories & encourage physical activity which can lead to social engagement and improved mood. It is also dependent on managing a live animal's needs & behavior.

**Music therapy** uses music to evoke memories, stimulate emotions, and encourage social interaction.

**Physical exercise** encourages gentle physical activity to improve mobility, mood, and cognitive function & overall health.

**Reminiscence therapy** uses past experiences and memories to improve mood and cognitive function.

### DEMENTIA DOLL THERAPY (DDT)

DDT taps into the innate caregiving instincts of the person, allowing them to express love and care in a way that is fulfilling in a controlled environment without the unpredictability associated with animals.

DDT focuses on the present moment while encouraging nurturing behaviors through companionship & caregiving.

DDT specifically targets emotional and psychological needs.

While DDT often evokes memories, the main function is on the present to create daily purpose and nurturing behaviors.

## INFECTION CONTROL & COMPLIANT



# FAMILY ENGAGEMENT



## DDTC FAMILY CRITICAL POINTS

### CRITICAL POINTS

**Family Education Critical Points:** Families and caregivers play a crucial role in positively reinforcing Dementia Doll Therapy, acting as the linchpin in the successful integration and continuation of this therapeutic approach. Their involvement can significantly enhance the therapy effectiveness and ensure that it becomes a meaningful part of the individual's care plan.

**Providing Emotional Support:** Families and caregivers offer essential emotional support, encouraging the individual's engagement with the doll and validating their feelings and experiences. This support is vital for fostering a positive environment where the individual feels safe and understood.

**Consistency and Routine:** By incorporating the doll into daily routines, families and caregivers help establish consistency, which is often comforting for individuals with dementia. This regular engagement can make the therapy more effective over time.

**Observation and Feedback:** Caregivers and family members are often the best observers of the individual's behavior and mood changes. Their feedback can help tailor the therapy to the individual's needs, adjusting how the doll is introduced and used based on their responses.

**Enhancing Social Interaction:** Families and caregivers can use the doll as a tool to enhance social interaction. By engaging in conversations about the doll or participating in caregiving activities together, they can help maintain and even improve the individual's social skills and emotional connection.

# Family Education & Overcoming Objections

## ROLEPLAY FAMILY INTERACTIONS



**ROLEPLAY FAMILY INTERACTIONS** THESE ROLEPLAY SCENARIOS AIM TO PROVIDE FAMILIES WITH A BETTER UNDERSTANDING OF DEMENTIA DOLL THERAPY AND HOW TO APPROACH IT WITH AN OPEN HEART AND MIND, FOCUSING ON THE WELL-BEING AND HAPPINESS OF THEIR LOVED ONES.

### Introducing the Concept

**Family Member:** "I'm not sure how I feel about Mom using a doll. It seems a bit childish."

**Caregiver:** "I understand your concerns. It might seem unusual at first, but doll therapy has been shown to bring comfort and reduce anxiety in many individuals with dementia. It's about what brings your mom joy and peace in her current stage of life."

### Addressing Misunderstandings

**Family Member:** "Doesn't this just encourage them to live in a fantasy world?"

**Caregiver:** "It's more about meeting them where they are in their dementia journey. The doll can provide a sense of purpose and companionship, helping to ease feelings of loneliness. It's a therapeutic tool, not an escape from reality."

### Discussing Benefits

**Family Member:** "I'm worried this will isolate her more from us."

**Caregiver:** "Actually, it can have the opposite effect. Engaging with the doll might spark conversations and interactions that wouldn't happen otherwise. It's a way to connect on a different level, focusing on emotional rather than cognitive connections."

### Seeing the Bigger Picture

**Family Member:** "But what will people think if they see her with a doll?"

**Caregiver:** "What matters most is your loved one's comfort and happiness. Many families and caregivers have observed significant positive changes in their loved ones' demeanor. It's about their well-being, and sometimes that means embracing unconventional methods that work."

### Offering Reassurance

**Family Member:** "How do we know if it's really helping?"

**Caregiver:** "Let's observe together. We'll look for signs of reduced agitation, moments of joy, or increased engagement. It's important to keep an open mind and remember that success in dementia care often comes in small, heartwarming moments."

Keep things simple and light - remember Dementia Doll Therapy is truly about creating small meaningful moments of PURPOSE, connection and JOY!

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# Family Education & Overcoming Objections

## SUPPORTIVE & CRITICAL PERSPECTIVES

### DEMENTIA ENGAGEMENT STRATEGIES Supportive & Critical Perspectives



*DES aims to improve the lives of those living with dementia through an innovative therapeutic program.*

#### PERSPECTIVES OF DEMENTIA DOLL THERAPY

##### SUPPORTIVE

**Emotional and Psychological Benefits**  
Research and anecdotal evidence shows doll therapy can provide comfort, reduce agitation, and improve mood in individuals with dementia.

**Enhanced Social Interaction**  
Engaging with dolls can encourage communication and interaction among residents in care facilities, even for those who are typically withdrawn.

**Non-Pharmacological Approach**  
Doll therapy is a non-drug intervention, reducing the reliance on medication to manage behavioral and psychological symptoms of dementia.

**Recall and Memory Stimulation**  
Doll therapy can evoke nurturing behaviors and stimulate memories from the past, particularly in individuals who have had children.

##### CRITICAL

**Infantilization Concerns**  
Presents the argument that doll therapy may infantilize adults with dementia, potentially undermining their dignity and adult status.

**Lack of Empirical Evidence Discuss**  
Skepticism exists regarding the efficacy of doll therapy due to the limited, empirical research supporting its benefits.

**Variability in Individual Response**  
Not all individuals with dementia respond positively to dolls, and for some, it may trigger agitation or distress rather than providing comfort.

**Ethical Considerations**  
Ethical debates surrounding consent and the appropriateness of introducing doll therapy to individuals with dementia, considering their ability to understand and agree to the intervention.



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# C.A.R.E. Methodology & Approach

CARE CARDS



FIRST TIME INTRODUCTIONS TAKE TIME AND ATTENTIVE EFFORT. EVERY INDIVIDUAL AND REACTION IS UNIQUE.

**C.** = Calmly approach the individual from the front while cradling the doll in your arms.

**A.** = Attentively compliment the individual and engage in conversation. *Kneel down or sit* directly in front of them with the doll in your arms. This puts you in a non-authoritative position to "offer" the doll to them.

**R.** = Respectfully look them in the eye as you converse and build rapport. Once you notice the individual looking at the doll, gently ask, "What do you think of this?" Use the same language they use when referring to the doll.

**E.** = Encourage conversation and interaction. Pointing out the doll's unique features starting with the smell, may lead to them touching, holding and getting comfortable with the doll. Details like the toes, wrinkles on the feet, chubby cheeks, tiny ears etc. should not be overlooked.

**ENJOY THE MOMENT!**

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## SUBMISSIVE OFFERING



# LAYERING FOR CHALLENGING BEHAVIORS



## Innovative Strategies for Challenging Behaviors

### APPLYING STRATEGIES TO CHALLENGING BEHAVIORS



#### USING DEMENTIA DOLL THERAPY TO DEAL WITH CHALLENGING BEHAVIORS

*Incorporating doll therapy into the care plan for individuals with dementia offers a compassionate approach to managing challenging behaviors, enhancing their quality of life and supporting their dignity. By incorporating these strategies, caregivers and families can use Dementia Doll Therapy as a versatile tool to address a wide range of challenging behaviors, enhancing the quality of life for individuals with dementia.*

##### **Sundowning**

**Strategy:** Introduce the therapy doll during late afternoon or early evening, before symptoms typically start. The doll can serve as a calming presence, helping to reduce agitation and confusion associated with sundowning.

**Example:** "Let's get ready to tuck in your baby for the night," can help transition into evening routines more smoothly, providing a focus and reducing restlessness.

##### **Trying to Escape**

**Strategy:** Use the doll as a means to ground and orient the individual. Holding or caring for the doll can offer a sense of purpose and belonging, potentially reducing the urge to leave or wander.

**Example:** Engaging in a conversation about the doll, such as, "Can you show me how you would like to dress your baby for a walk?" This can redirect focus and offer a sense of control and familiarity.

##### **Compulsive Behaviors**

**Strategy:** Doll therapy can provide a constructive outlet for repetitive or compulsive behaviors. Engaging with the doll, such as through grooming or dressing, can channel these behaviors into positive interactions.

**Example:** If an individual shows repetitive hand movements, offering the doll and suggesting, "Could you help fix your baby's hair?" can provide a meaningful and soothing activity.

##### **Wanting to Go Home**

**Strategy:** The doll can serve as a comforting object that provides a sense of security and home. Engaging the individual in caring for the doll can help redirect their focus from the desire to leave to the task at hand.

**Example:** "Your baby needs you here to take care of them. Can you help me pick out an outfit for them?" This approach acknowledges their need for familiarity and purpose, gently shifting their attention.

##### **Reluctance to Socialize**

**Strategy:** The doll can act as an icebreaker in social situations, providing a common topic of conversation and interest. It can also give the individual a sense of purpose, making social interactions more appealing.

**Example:** "Would you like to introduce your baby to our friends here? I think they would love to meet them." This encourages engagement with others in a controlled and comfortable manner, promoting social interaction.

# ACHIEVEMENT AWARDS



Test Your  
Knowledge

## **Dementia Engagement Strategies:**

### **A' La Carte Offerings of The Grand Baby Project**

#### **A 'La Carte Offerings**

We are pleased to introduce our new range of training classes available for purchase à la carte. These "bite-size" classes offer affordable, focused learning opportunities on specific topics of interest

**TITLE: "Selling Sunshine: Mastering the Art of Promoting the Grand Baby Project to Drive Census"**

**TITLE: "Bundle of Joy: Hosting a Heartwarming Baby Shower for the Grand Baby Project"**

**TITLE: "Engage and Enrich: Dynamic Activities for the Grand Baby Project"**

**TITLE: "Compassionate Connections: Educating Families on Dementia Doll Therapy"**

#### **OTHER OFFERINGS:**

- 1 Hour virtual collaboration call with Grand Baby Project Founder, Tonja Moon
- The Grand Baby Project Door or Car Decal
- "Ask Me About My Baby" Buttons
- Marketing Material Bundle