



**OUR DEMENTIA LIFE**

Community • Resources • Passion

## CREATIVE MUSIC & ART PROGRAMS FOR PERSONS LIVING WITH DEMENTIA

It is well documented that art and music are connectors to engaging the brain. The psycho-social aspect of the “arts” regarding dementia is key to unlocking individual potential be it in music or art.

Laura also provides a large variety of Art Classes for Assisted Living, Independent Living, and family members such as, card making, collage, book binding, quilling and more.

If you would like to get more information on any of the classes either specific to dementia or otherwise, please contact Laura at (413) 459-4789 or email at [LLavoie@ourdementialife.org](mailto:LLavoie@ourdementialife.org)

### *Benefits of Creative Art and Music:*

- Self-Expression
- Stimulates Brain
- Mood Booster
- Promotes Health and Wellness
- Fosters Social Interaction

### *Art:*

- Sense of Accomplishment
- Coordination and motor skills
- Increased Confidence, Self-worth and purpose
- Stimulates Curiosity, multi-sensory

### *Music:*

- Use of Rhythm Instruments good for coordination and motor skills
- Recognition of individual preferences, awakens memories

As well as being an artist and in several bands over the years, Laura has been working in the field of dementia care for over 25 years now. Her passion and mission in life is to help those living with dementia both on the inside and on the outside understand the disease and how to live productive and loving lives while still working with the real difficulties and challenges that come along with dementia.

Laura has been training staff and family to learn valuable skills and techniques which allow you to understand the brain and how dementia and brain change is and will affect their lives.

In addition to a Independent Certified PAC™ (Positive Approach to Care®)Trainer, Engagement Leader and Consultant, Laura is also a Certified Dementia Practitioner, Memory Café and Support Group Facilitator, Virtual Dementia Facilitator and Dementia Friendly Champion.

Please contact her if you would be interested in having her at your facility.

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