

"What are you thankful for?" Craft

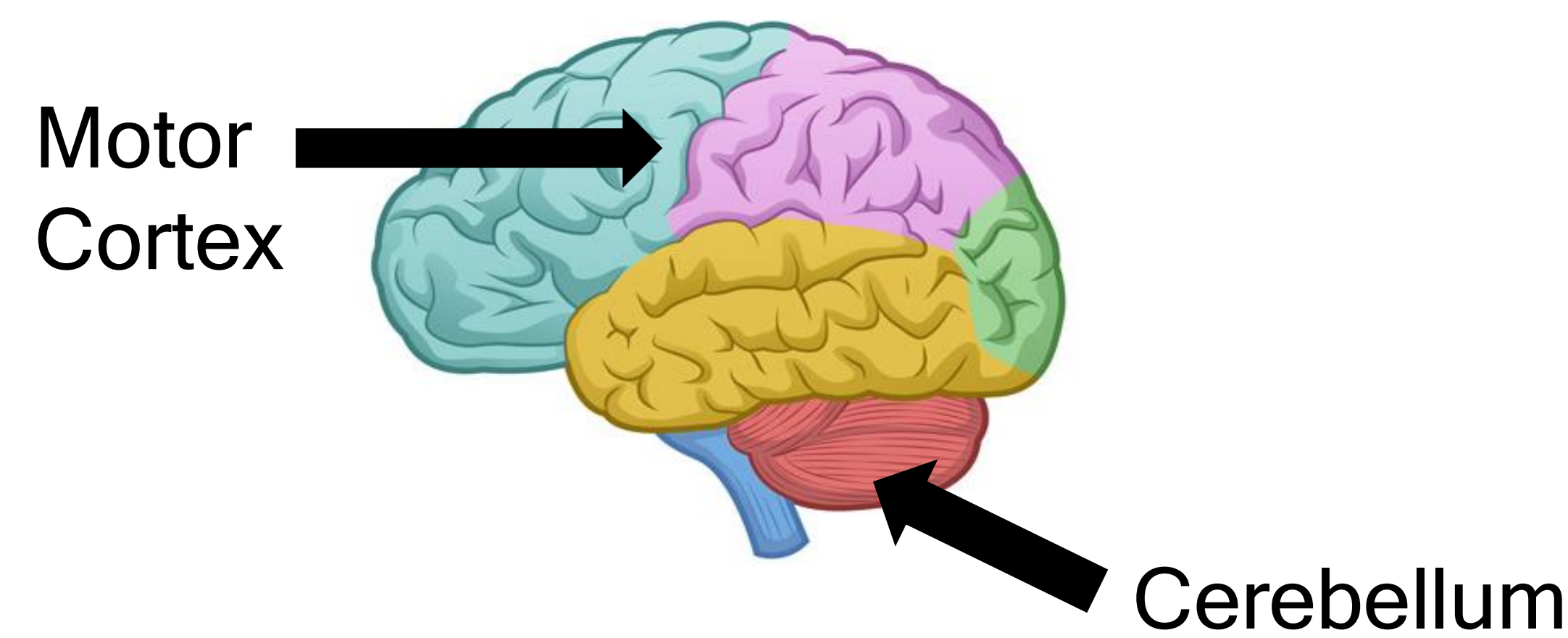
Fine Motor Skills: the movement of small muscles in the hands and wrists; involved in most everyday tasks

Activity:

- ❖ Look through magazines to find photos of things you are thankful for
- ❖ Cut the photos out and glue them to the cardstock
- ❖ Decorate the paper with stickers or markers

Dementia's Effects on Fine Motor Functions:

- ❖ Damage to the cerebellum
- ❖ Trouble holding a pen or buttoning a shirt
- ❖ Damage to the motor cortex
- ❖ Lack coordination and poor dexterity



Socialization

Activity:

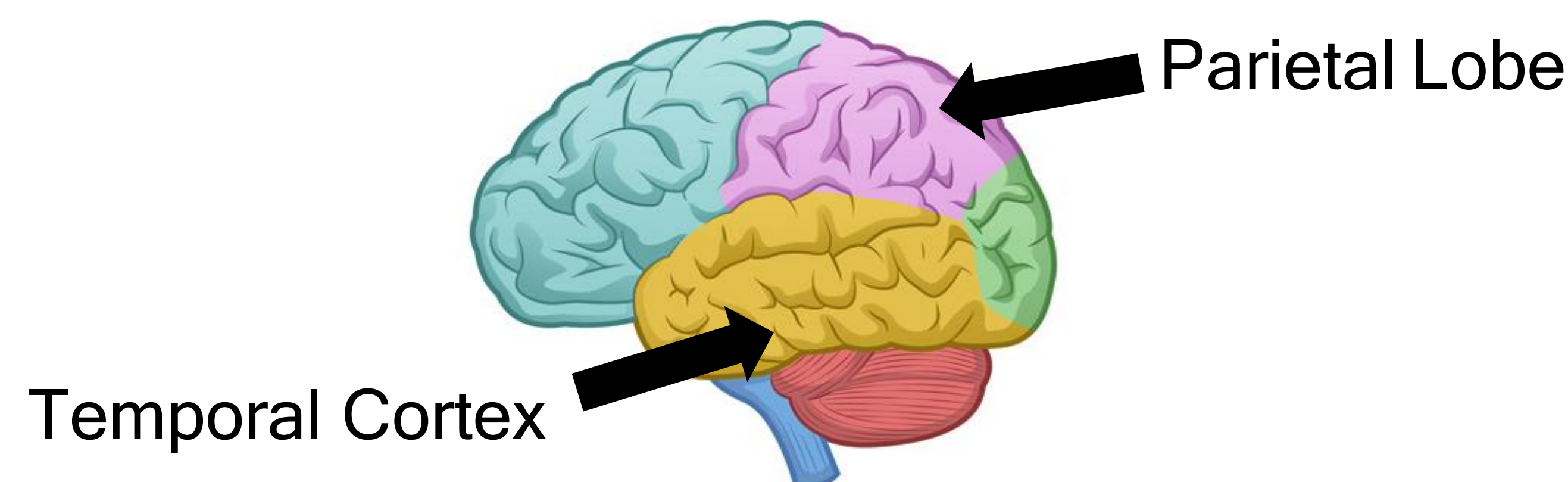
Go around the room or sit down to talk and get to know others

Dementia's effect on social engagement:

- ❖ Damage to the prefrontal and temporal cortexes
- ❖ Diminished performance of long- and short-term memory
- ❖ Damage to the parietal and frontal lobes
- ❖ Struggles with attention and focus

Memory: Mental record of our past experiences or act of retrieving this mental record

Attention: Limited capacity to process information that is under conscious control



LU Memory Makers: Fine and Gross Motor Skills

PSY33000- Learning and Memory

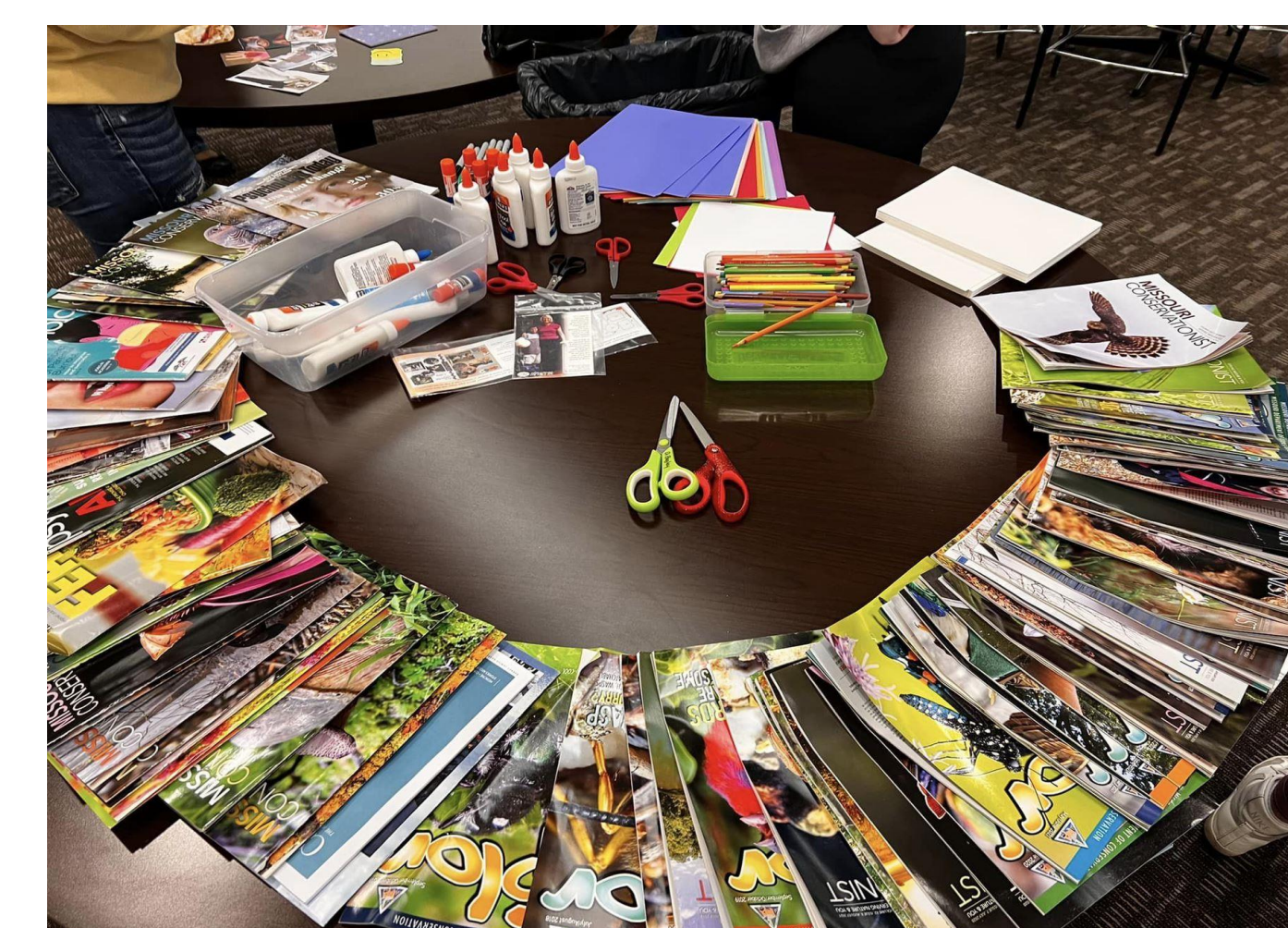
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The Bev Roy Hope Foundation is a local group in St. Charles, MO that provides support for individuals in the community who are living with different forms of dementia and their caregivers.



Project Goal

The goal of our project was to create a fun environment for individuals in the Bev Roy Hope Foundation community to enjoy. Using our knowledge of Dementia, that we learned throughout the course, we created two activities for the attendees to participate in that would benefit their health. While doing these activities we were able to observe and talk with the individuals with Dementia and their caregivers. This allowed us to gain a better understanding of Dementia and the effects it has on not only the individual but the people around them.

Project Overview

- ❖ Create a fun environment
- ❖ Communicate with attendees
- ❖ Activities that benefit their health

Project Outcomes

- ❖ Successful Project
- ❖ Various activities to choose from
- ❖ Great conversations/interactions
- ❖ Attendees were very thankful
- ❖ Hosts were able to get hands on learning for Dementia

Cornhole Game

Gross Motor Skills: whole body movements that involve large muscles throughout the body

Activity:

- ❖ Pick up the beanbag
- ❖ Using your upper body throw the bean bag around 24 feet onto the other board
- ❖ Understand the scoring aspect
- ❖ Keep score for you and your partner

Dementia's Effects on Gross Motor Functions:

- ❖ Damage to the frontal Lobe
- ❖ Motor weakness, behavioral changes
- ❖ Damage to the cerebellum
- ❖ Lack of balance and coordination

