

CHOICE

Choice brings dignity and respect

Offering choices enhances autonomy and respects individual preferences, upholding the dignity and respect of all people .



ESSENTIAL ELEMENTS

1

Offer choice in all things wherever possible

2

Allow the person enough time make a choice

3

Respect the persons choice

MONTESSORI FOR DEMENTIA, DISABILITY AND AGEING

Supporting well-being through four Key Principles:
Self-Esteem, Independence, Choice, Meaningful Engagement.

The four principles of Montessori for Dementia, Disability and Ageing support a person's self-esteem and independence, and their ability to make choices and meaningful contributions to their community. It is life changing for older people, especially those living with dementia or other disabilities, as well as their families, carer partners and communities.

PRINCIPLES IN PRACTICE

1

Choice Boards

Use visual choice boards with pictures or objects to help people make decisions about daily activities, meals or clothing. This can be as simple as offering a choice of two things and writing down the options. Allow time for the person to make a choice, then respect the person's choice.

2

Menu of Activities

Present a menu of activities each day, using simple language and images, allowing people to choose based on their interests and energy levels.

3

Activity Stations

Have activity stations with a variety of sensory items (textures, scents, sounds) or other activities that people can choose from to engage in self-directed activities or sensory experiences.

4

Interactive Displays

Use interactive displays, like tactile boards, interactive wall spaces or memory boxes, that people can choose to explore at their own pace.

5

Routine Customisation

Allow customisation of routines according to personal rhythms, such as choosing when to wake up, eat or rest.

6

Adapted Materials

Provide choices in adapted materials for tasks, such as different sizes or textures of items, to accommodate varying abilities and preferences.

7

Life Story Boxes

Use personalised life story boxes containing meaningful objects from a person's past that people can choose to interact with during reminiscence sessions. Meaningful objects stimulate storytelling.

