

# Gentle Embrace

Dementia Program

Each year the number of people afflicted with Dementia and related disorders continues to grow in our country. We at VNA Hospice are committed to providing support and assistance to family members who care for loved ones with this devastating illness. The Gentle Embrace Dementia Program is designed to help with the challenges faced by care giving families, as we understand the unique needs of both patients and families coping with Dementia.

The Gentle Embrace Dementia Program utilizes non-medication interventions to reduce the symptoms often experienced by a Dementia patient and caregiver. Our team is specially trained in providing these evidence-based interventions, and the interventions are based upon individual needs.

## Program Interventions

### Cuddle Blanket

A therapeutic weighted blanket designed to give a “gentle hug” to the patient. The weight is proven to offer a sense of safety and calm, as well as relaxation.

### Music Memories

Individualized CD played to provide a calm and peaceful environment for the patient. Music has the ability to provide both a relaxing atmosphere and a sense of not being alone. It may also stimulate some memory recognition and increase in mood through smiling and eye contact.

### Compassionate Touch Technique

A gentle massage and bathing technique designed to promote rest, comfort, and calm by using naturally calming oils and lotions. The gentle motion helps to relax and offers tenderness and closeness to the patient.

  
Lutheran  
SeniorLife

 Western  
Pennsylvania

To learn more, call and speak with one of our knowledgeable in-home care experts.

724-282-6806 | Toll-Free: 877-862-6659 | [vna.com](http://vna.com)