

## **What is Habilitation Therapy?**

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Habilitation therapy is a non-medical interpersonal approach to care partnering. Habilitation strengthens your partner's current abilities. Our goal together is to simplify tasks and help your family member participate more fully and safely in his own care and be an active participant in family life.

The speech patterns of behaviors of those with dementia are often alarming. It can be difficult to know how to respond in a way that is helpful and positive. The Habilitation approach creates positive experiences for all! It is a win win situation.

Habilitation Therapy is a technique developed by Paul Raia, Ph.D & Joanne Koenig Coste of the Massachusetts Chapter of the Alzheimer's Association.

Alzheimer Coaching Services' Habilitation Therapy Program, through the Aging Service Access Points, Caregiver Programs and Title III E grants, serves dementia care partners in most towns within the 495 belt. Referrals can be made by case managers, councils on aging and other professionals who serve elders, as well as family members and friends who care about them.