

# Potential Therapeutic Benefits of Meaningful Engagement in Organized Activities for Persons with Dementia

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*“Activities are the main weapon against behavior difficulties and violent behavior”  
(Raia, 2006)*

*“If a person with dementia is engaged in a meaningful activity, the person cannot  
simultaneously be exhibiting problematic behavior” (Camp, 2009)*

<b>Benefit</b>	<b>Source</b>
“Nourishment of the body, mind, and spirit”	Whitcomb, (1993)
“Physical, mental, and emotional stimulation”	Zachary, (1984)
“Provide a sense of accomplishment”	Tappen, (1997)
“Facilitate socialization”	Jensen, (1997)
“Provide opportunities to assist others”	Tappen, (1997)
“Facilitate communication”	Wald, (1993)
“Enhance self-esteem”	Rabins, (1996)
“Provide pleasure”	Mills & Coleman, (1994)
“Maintenance of functional abilities”	Kovach & Henschel, (1996)
“Raise spirits and dispel depression”	Zgola (1999)
“Calm restlessness and agitation.”	Zgola (1999)
“Bring comfort to a person who is distressed”	Zgola (1999)
“Reduce sleep disturbances”	Volicer et al. (2006)