



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



**SAINT NICHOLAS MONTESSORI  
COLLEGE IRELAND**

## **MONTESSORI & AGEING**

### **Creating a Prepared Environment to Age in Place**

#### **– A Community Conversation –**

Saturday, 24<sup>th</sup> March 2018

9.30am to 12.45pm

National Maritime Museum, Haigh Terrace, Dun Laoghaire

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We all applaud the efforts of care workers to ensure that dignity and respect is afforded to those in their care, whether this takes place within the home, community or more formal care settings. Innovative approaches to care are constantly being explored. This applies, in particular, to the care of the elderly, and more specifically, to those experiencing dementia.

One such innovation draws upon the experience of the well-established Montessori approach. More commonly associated with education, the goal of the Montessori program is to support people living with dementia by creating a prepared environment, filled with cues and memory supports, that enable individuals to care for themselves, others, and remain in their community. The Montessori approach enhances quality of life for people living with dementia by creating an environment in which they can succeed. Roles, routines and activities are developed for each individual, which are meaningful to that person – giving each person the opportunity to enjoy an enriched life. Individuals living in a Montessori community do as much for themselves and others as possible, rather than having things done to them or for them.

**Saint Nicholas Montessori College Ireland** and the **Ignite Programme at Trinity College Dublin** have come together to host a community conversation about ageing in place, but also more specifically, to discuss how resources within the community can be deployed and used as an example to other communities. The Ignite Programme is jointly funded by the **Health Research Board** and **Irish Research Council** to advance public and patient involvement in research. The conference will be addressed by **Ms Jennifer Brush** who is one of the leading practitioners in this area, as well as **Dr Sabina Brennan**, Trinity Brain Health and the ADAPT Centre at Trinity College Dublin, and **Mr Patrick Doherty**, ALONE.

The conference is free and open to the public and relevant to those interested in the care of the elderly. Spaces are limited to 100. **If you are interested in attending, you must register with Erica Roche at 01 280 6064 or email Erica at [erica.roche@snmci.ie](mailto:erica.roche@snmci.ie).**



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## Agenda

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|---------|---|
| 9.30am  | <b>Opening Address:</b> Ms. Mary Mitchell O'Connor, TD, Minister of State for Higher Education                                |
| 10.00am | <b>Montessori &amp; Ageing:</b> Ms. Jennifer Brush  |
| 10.30am | <b>Dementia Risk and Protective Factors:</b> Dr Sabina Brennan, ADAPT Centre, Trinity College Dublin and Trinity Brain Health |
| 11.00am | <b>Ageing &amp; Loneliness:</b> Mr. Patrick Doherty, Head of Strategic Development, Housing and Funding, ALONE                |
| 11.30am | <b>Tea &amp; Coffee Break</b>   |
| 11.45am | <b>Panel Discussion: Montessori &amp; Ageing - Creating a Prepared Environment</b>  |
| 12.45pm | <b>Close</b>  |

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## About the Speakers



**Ms. Jennifer Brush, MA, CCC/SLP** is an award-winning Dementia Educator, author and consultant. With her 25 years of industry experience, including leading countless live national and international trainings, facilitating ground-breaking research, and managing innovative person-centred care projects for The Mayer-Rothschild Foundation, Jennifer flawlessly bridges the gap between care communities and the individuals they serve. Jennifer serves on the Association Montessori International Advisory Board for Montessori for Aging and Dementia and is the only person in the US teaching this international program. Jennifer is the author of five nationally recognised books on dementia including the silver-medal winning *Creative Connections in Dementia Care and I Care*, the gold-medal winning work that also received a 5-star rating as a Reader Favourite. Jennifer is widely known for her revolutionary work in the Spaced Retrieval memory intervention, pioneering this area of study and publishing two books on the subject.



**Dr Sabina Brennan (PhD., C.Psychol., PsSI.)** is founding director of Trinity Brain Health and Adjunct Assistant Professor, ADAPT Centre, Trinity College Dublin. Her scientific research at Trinity College Dublin has focused on understanding dementia risk and protective factors to establish how decline in cognitive function might be prevented or delayed. She is passionate about engaging people in an educational, preventative context. In recognition of her immense contribution to the popularisation of science, Professor Brennan won the Science Foundation Ireland Outstanding Contribution to Science Communication Award 2016. She currently serves on Trinity's Equality Committee and Chairs the Age Friendly Trinity Working Group. Prof Brennan received an award from the Provost in Trinity College in recognition of her work for social impact in 2017.



**Mr. Pat Doherty** is Head of Strategic Development, Housing and Funding with ALONE, a national charity working to support older people to age at home, here in Ireland. Prior to this, Pat held senior positions within Age Friendly Ireland, the Alzheimer's Society of Ireland and Depaul International. Over the past 30 years, Pat has built up extensive knowledge and understanding of the needs of older people and is committed to ensuring the voice of older people is heard by service providers and policy makers. This includes consultation with services users for service development and innovation, as well as quality standards.

## JOIN THE CONVERSATION

24 MARCH 2018

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