

**Table 2: Non-pharmacological Approaches to Management of the Behavioural and Psychological Symptoms of Dementia (BPSD)**

APPROACH	EVIDENCE
<p><b>Music therapy</b></p> <p>Note: Music therapy includes a single music-related experience or a combination of music-related experiences that can be provided individually or in groups. Examples include actively singing or playing a musical instrument, or listening to recorded or live music (Blackburn &amp; Bradshaw, 2014; Ueda et al., 2013).</p>	<ul style="list-style-type: none"> <li>■ Potential benefits include: reduced BPSD (agitation), improved mood (decreased anxiety or depression), reduced pain, and improved socialization and quality of life (Konno et al., 2013; Livingston et al., 2014; Pieper et al., 2013; Ueda et al., 2013).</li> <li>■ Playing music during bathing may reduce agitated behaviours (Konno et al., 2013).</li> <li>■ Evidence suggests that music therapy is more effective if structured and led by a trained therapist; there is little evidence to indicate effectiveness outside of a care-home setting (Livingston et al., 2014).</li> </ul>
<p><b>Effective communication strategies and person-centred approaches to care</b></p>	<ul style="list-style-type: none"> <li>■ Approaches are effective in reducing agitated behaviours in people with dementia (Konno et al., 2013; Livingston et al., 2014).</li> <li>■ Health-care providers must be properly trained and supervised to be effective (Livingston et al., 2014).</li> <li>■ Supportive evidence most relevant to long-term-care or supported-living settings (Livingston et al., 2014).</li> <li>■ See <b>Appendix K</b> (Attitudes, Skills, and Knowledge That Are Beneficial for Communication in Dementia Care) for information about communication skills. See <b>Appendix A</b>, the Glossary of Terms, for a definition of person-centred approaches.</li> </ul>
<p><b>Sensory Interventions</b></p> <p>Note: Sensory interventions include massage, gentle touch or therapeutic touch, and stimulation of the senses (visual, auditory, touch) (Hulme et al., 2010; Kverno et al., 2009; Livingston et al., 2014; Moyle et al., 2013).</p>	<ul style="list-style-type: none"> <li>■ Sensory interventions may reduce agitation (Livingston et al., 2014; Moyle et al., 2013)</li> <li>■ Such interventions appear to be effective for people with severe cognitive impairments (Kverno et al., 2009).</li> </ul>
<p><b>Group Activities in Care Homes</b></p> <p>Note: Group activities include any activities offered to residents (e.g., animal-assisted therapy, dance, cooking, etc.).</p>	<ul style="list-style-type: none"> <li>■ Reduces agitation, but not necessarily for those who are severely agitated (Livingston et al., 2014).</li> </ul>
<p><b>Art Therapies</b></p> <p>Note: Examples include visual arts, drama/movement, songwriting, poetry, etc.</p>	<ul style="list-style-type: none"> <li>■ One review, rated weak for methodological quality, reports potential benefits for behavioural or emotional symptoms (Cowl &amp; Gaugler, 2014).</li> </ul>