

12 Key Principles of Montessori Inspired Lifestyle®

1. The activity should have a purpose and capture interest.
2. Invite the person to participate.
3. Offer choice whenever possible.
4. Demonstrate more. Talk less.
5. Physical Skills. Focus on what the person can do.
6. Match your speed to theirs. Slow down!
7. Use visual hints, cues or templates.
8. Give the person something to hold.
9. Go from simple to more complex.
10. Break a task down into steps.
11. To end, ask: “Did you enjoy doing this?” and “Would you like to do this again?”
12. There is no right or wrong way to do an activity. Think Engagement.



Center for Applied
Research in Dementia
Creating effective memory interventions.