👥 Right-Sized Engagement

Memory Care Focus
Matching group size to tolerance improves success.

Why This Matters

The Alzheimer's Association recommends smaller group settings for individuals who become overstimulated easily.

Indicators of Overstimulation
• Withdrawal
• Irritability
• Pacing
• Refusal

Memory Care Application
• Large group: Early-stage residents
• Small group (2–4): Mid-stage residents
• 1:1: Late-stage or anxiety-prone residents

Quick Practice
Adjust one activity size this week and observe outcome.

Reflection
Does this resident thrive in quiet or energy?
