

## Epoch Bulletin

July 2025

### Meaningful Engagement in Dementia Care: It's More Than Just a Moment



At Epoch Elder Care, we believe that care is not just about routines and medicines, it's about connections, shared smiles, gentle touches, familiar songs, and long-forgotten stories that come back to life with a little encouragement.



**THE GERONTOLOGIST®**

“These moments weren't just nice: they were essential, building trust, easing anxiety, and making residents feel truly seen and valued.”

A recent Australian study revealed something powerful: aged care workers felt most fulfilled when they had time to truly connect with residents. These moments weren't just nice: they were essential, building trust, easing anxiety, and making residents feel truly seen and valued.

[Click for the study](#)

# Why is meaningful engagement so important?

1.

- It supports cognitive stimulation and emotional wellbeing

2.

- It reduces behavioural and psychological symptoms of dementia

3.

- It fosters trust and connection between caregivers and residents

4.

- It enhances quality of life not just for residents, but for caregivers too!

## What does it look like at Epoch?

At Epoch, meaningful engagement is not a box we tick it's woven into our everyday care.



Enjoying the mela  
that we organised



**Residents picking  
their favourite fruits  
in a sensory fruit-  
cone activity**



**Singing old Hindi  
songs during music  
therapy sessions**

**Or simply spending time  
with corporate team and  
sharing stories.**







## From our care team:



## Looking Ahead



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