

## Benefits of Compassionate Touch®, Sensitive Massage and Focused Touch

*"It is especially in the aging that we see touching as its best and an act of spiritual grace and a continuing human sacrament."*  
-Ashley Montagu

### Massage is well known for its therapeutic effect in:

- Reducing muscular tension
- Inducing a relaxation response
- Improving minor aches and pains

### Compassionate Touch® can also assist in:

- Increasing body awareness
- Reducing anxiety
- Alleviating discomfort
- "Grounding" the spatially disoriented and confused
- Focusing attention
- Addressing feelings of isolation/abandonment
- Calming those who are agitated or distraught
- Engaging attention
- Promoting interaction
- Preventing or helping cope with challenging behaviors such as agitation, wandering and obstinacy
- Reducing the need for drug intervention and physical restraints

### Additional benefits of age-appropriate massage and Compassionate Touch® for those in later life stages:

- One-on-one attention
- Skin to skin human contact
- Nurturing; Comfort; Pleasure
- Tool for reinforcing verbal communication
- Way of relating non-verbally
- Tactile and sensory stimulation
- Opportunity for physical and social interaction
- Focus for distraction and redirection if necessary
- Touchstone with physical reality
- Acceptance of the way things are
- Reassurance that one is not alone
- Acknowledgment of the individual

### Why offer sensitive massage and focused touch in your facility?

More elders and baby boomers are turning to massage than ever before. Public awareness about the benefits of massage is growing!

At the same time eldercare and hospice organizations are recognizing the value of adding touch therapies to the programs and services they offer.

Your 'customers' (board members, caregivers, family members AND the federal and state government) are demanding that you look for innovative complementary services and products that will improve the quality of life. Those who are creatively responding this demand will stand out in their respective markets.

When you integrate massage into your facility, your organization gains:

- Recognition by raising the standard of care
- Addition of a low-cost approach that has the potential to increase quality of life, decrease pain, ease the dying process and help regulate behavior.
- A progressive, complementary intervention that is in step with the trend of increased use of massage by consumers
- Greater employee and customer satisfaction

***There are many creative ways to fund this simple way to improve quality of life for your residents and staff.***



### For more information, please contact Linda Rooks, LMT

Linda received her RN in 1979 and worked as nurse in hospitals and nursing homes. She then attended Stillpoint School of Massage in Amherst, MA and became a licensed Massage Therapist in 1985. She continued her training and is certified in Neuromuscular Therapy, Polarity Therapy, Reiki and Therapeutic Touch. Linda has a special interest in, and passion for, working with the elderly. She has also received training in Compassionate Touch. Linda brings over 25 years of experience in nursing and therapeutic massage to her work. Her approach is gentle and intuitive and she has a sincere desire to be of service to others.

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