



Mary Platt OTR/L

Occupational Therapist – dementia specialist

Owner: Changing Minds

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Topics:

- Dementia and safety – in the home, in the community, on the road.
- Decoding agitation – learn how to handle repeated questions and angry outbursts without medication.
- Living with dementia – how to cope with the new relationship and enjoy their remaining abilities.
- Dementia care needs – where should they live?
- Memory loss – when is it more than normal aging?

Mary Platt is a recognized expert in occupational therapy and is particularly known for her work with dementia and Alzheimer's disease. She maintains a private practice serving elders in their homes; she instructs rehabilitation clinicians in dementia care and is a guest lecturer at the school of occupational therapy in Forest Grove, Oregon.

She is an authority on the Allen Cognitive Levels, is an Allen Authorized Expert, and a founding member of the national Allen Cognitive Network board of directors. She is the author of "At Home with Allen Cognitive Levels," a resource used by clinicians throughout the US. She was honored by the Oregon Association of Home Care with the Hope Runnels award for pioneering home health care in Oregon.

Mary uses task analysis and sensory modulation to help families and caregivers make sense of the dementia process. These unique occupational therapy tools allow families and caregivers to match remaining abilities to the specific demands of the individual's environment; ensuring their highest degree of dignity and safety.

Prior Speaking Engagements

The Pacific University School of Occupational Therapy, Wilson High School, OASIS community presentations, senior centers in the Portland Metro area, Meridian Park Hospital, Oregon Home Care Association, Kaiser Home Health, Legacy Visiting Nurse Association, Oregon Occupational Therapy Conference, and the National Allen Cognitive Levels Conference.