



50 Activities to Share with Someone Who Has Dementia/Alzheimer's

Spending time with a family member or friend who has dementia can be meaningful and fun – especially if you take cues from the person. What do they like to do? What are they able to do? What are they in the mood for today? It doesn't matter if the activity needs to be done or if it is done well. If it doesn't succeed, you can always try something else. Be patient and you will figure out what works. Remember that every day will be different, so don't hesitate to try something again.

<p>Outside Activities</p> <ul style="list-style-type: none"> Take a walk Plant flowers Water plants Feed the birds Rake leaves Go to the park Sit on a bench or a swing Watch dogs at a dog park Play catch or toss a ball Play horseshoes Visit a beach or forest preserve Sweep the porch or patio Set up a picnic on the lawn/backyard Sit on the porch and drink coffee, lemonade, hot chocolate, iced tea <p>Inside Activities</p> <ul style="list-style-type: none"> Listen to the person's favorite music Look at family photo albums Prepare afternoon tea Watch a favorite sport on television Model with play dough Play checkers or dominos Name the presidents Look at photos in a photo book or magazine Identify states on a U.S. map; ask where he or she has traveled Complete a puzzle together Read from one of their favorite books Watch a favorite movie or sitcom Watch a sporting event in person – be sure to sit in a area that's not too crowded or noisy Play a card game Read the newspaper together or read it to him or her Ask the person about his/her childhood, siblings, school, pets, first car Take the person to a Memory Café 	<p>Personal Activities</p> <ul style="list-style-type: none"> Massage the person's hands with lotion Brush his or her hair Give the person a manicure Take photos of the person and make a collage Make a family tree poster board Encourage the person to talk more about a subject he or she enjoys <p>Kitchen Activities</p> <ul style="list-style-type: none"> Bake cookies or bread Set the table Make the person's favorite lunch or snack Wash and dry dishes Put silverware away <p>Holiday Activities</p> <ul style="list-style-type: none"> Listen to favorite holiday music Bake holiday desserts Color eggs Carve a pumpkin or make a pumpkin pie Decorate a tree Create holiday greeting cards Watch a favorite holiday movie Play a piano or guitar and sing holiday songs
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