

101 Activities Dementia Care Partners Can do Together (1)

If you're at a loss for things to do with your dementia care partner, don't worry – there are lots of ideas on this list.

In my experience, the most important thing is to be open-minded. Be curious. Be childlike. Remember how exciting discovery and exploration can be. See magic and possibility instead of tragedy and limitations.

Almost ANYTHING can lead to engaging life when you are present in the moment. Open your eyes and your heart to really being in a space that brings you both pleasure. Your dementia care partner can take you back to old places and fond memories as well as to new places you never dreamed existed. Open the door to their world and step through the threshold together.

The activities you choose to engage in will depend on many factors including the capacities of whoever is involved, the mood of the moment, personal preferences, physical considerations, the environment, available resources, etc. This is a list of “starter ideas” to spark your imagination and creativity. I downloaded the original from http://www.alz.org/living_with_alzheimers_101_activities.asp

I may create additional lists with my own ideas and those of others, so please feel free to send your activities and ideas to susan@amazingwomenrock.com

- 1** Listen to music
- 2** Toss a ball
- 3** Color pictures
- 4** Make homemade lemonade
- 5** Count trading cards
- 6** Clip coupons
- 7** Sort poker chips
- 8** Read out loud chapters from Harry Potter books or other favorite stories
- 9** Rake leaves
- 10** String beads
- 11** Bake cookies
- 12** Take photos of the person and you and create a collage
- 13** Brush or comb one another's hair
- 14** Participate in the Alzheimer's Association Walk to End Alzheimer's.
- 15** Plant seeds indoors or outdoors
- 16** Look at family photographs
- 17** Wipe off the kitchen table
- 18** Weed the flowerbed or tend to the garden
- 19** Fold laundry

- 20** Have a friend visit with a well-behaved pet
- 21** Cut pictures out of greeting cards or magazines
- 22** Play dominoes
- 23** Ask the person about his or her favorite childhood books or cartoon characters (you can share yours too)
- 24** Bake homemade bread
- 25** Sort objects by shape or color
- 26** Sing old songs
- 27** Invite the person to tell you more when he or she talks about a memory
- 28** Put silverware away
- 29** Make a Valentine card
- 30** Play favorite songs and sing
- 31** Ask the person about his or her brothers or sisters
- 32** Make a cherry pie
- 33** Play with tops or jacks
- 34** Make a scrapbook
- 35** Take a walk around the yard
- 36** Write a poem together
- 37** Reminisce about the first day of school
- 38** String Cheerios® to hang outside for birds
- 39** Make a fresh fruit salad
- 40** Sweep the patio
- 41** Color paper shamrocks green
- 42** Fold towels
- 43** Have an afternoon tea party
- 44** Talk about great inventions
- 45** Look through the pages of a clothes catalog
- 46** Look at a map and identify countries
- 47** Make a family tree poster
- 48** Color a picture of your country's flag
- 49** Eat a picnic lunch outside
- 50** Water house plants
- 51** Play horseshoes
- 52** Dance
- 53** Watch Sesame Street together
- 54** Make homemade ice cream
- 55** Make holiday cards
- 56** Reminisce about favorite sports activities the person enjoyed while growing up
- 57** Write a letter to a friend or family member
- 58** Dress in your favorite sports' teams' colors
- 59** Pop popcorn
- 60** Name the presidents / prime ministers / kings and queens
- 61** Give a manicure

- 62 Make paper butterflies
- 63 Plant a tree
- 64 Finish famous sayings
- 65 Feed the ducks
- 66 Model with play dough
- 67 Look at pictures in a comic book
- 68 Put a puzzle together
- 69 Sand wood
- 70 Rub in hand lotion
- 71 Arrange fresh flowers
- 72 Remember famous people
- 73 Recite nursery rhymes
- 74 Make peanut butter sandwiches
- 75 Cut up used paper for scratch paper
- 76 Blow bubbles
- 77 Take care of a fish tank
- 78 Bake cupcakes and decorate them
- 79 Interview the person about his or her life with a video camera or audio recorder
- 80 Play Hangman
- 81 Finger paint
- 82 Cut out pictures from magazines
- 83 Put coins in a jar
- 84 Put bird seed out for the birds
- 85 Decorate a pumpkin
- 86 Reminisce about a favorite summer
- 87 Roll yarn into a ball
- 88 Trace and cut out autumn leaves
- 89 Cook a favorite family recipe together
- 90 Gather a yellow sponge, crayons, paper and tape and make a SpongeBob Square Pants
- 91 Wash silverware
- 92 Give him or her a hug
- 93 Ask the person to show you how to knit or sew (or another favorite hobby)
- 94 Make a picture frame out of popsicle sticks and glitter
- 95 Play a musical instrument
- 96 Keep a journal together
- 97 Ask the person to talk about his or her favorite sports hero
- 98 Sort playing cards
- 99 Ask the person about his or her favorite pet
- 100 Wash windows together
- 101 Ask the person about his or her first car