

44 Things to do with People Living with Dementia

- 1 Sort poker chips
- 2 Read out loud
- 3 Look up names in the phone book
- 4 Read the daily newspaper out loud
- 5 Ask a friend, neighbour, church acquaintance who has a baby or young child to visit
- 6 Listen to polka music
- 7 Look at family photographs
- 8 Colour pictures
- 9 Wipe the table or dust The room
- 10 Have a calm pet visit
- 11 Cut pictures out of greeting cards
- 12 Sort objects such as beads by shape or colour
- 13 Sing Christmas carols
- 14 Say *"Tell me more" when they start talking about a memory*
- 15 Play favourite songs and sing together
- 16 Take a walk
- 17 Reminisce about the first day of school
- 18 Colour paper shamrocks green
- 19 Fold cloths
- 20 Have afternoon tea
- 21 Remember great inventions
- 22 Paint a sheet
- 23 Make a family tree poster
- 24 Reminisce about their first kiss
- 25 Dance
- 26 Sing favourite hymns
- 27 Make Christmas cards
- 28 Sort playing cards by their colour
- 29 Write a letter to a family member
- 30 Give a manicure
- 31 Mood with Playdoh
- 32 Look at pictures in a magazine
- 33 Put a simple puzzle together
- 34 Rub in hand lotions with a pleasant scent
- 35 Decorate paper place mats
- 36 Arrange fresh flowers
- 37 Remember famous people
- 38 Take care of a fish tank
- 39 Ask simple questions
- 40 Cut out pictures from magazines
- 41 Read classic short stories
- 42 Put coins into a jar
- 43 Reminisce about a favourite summer
- 44 Roll yarn into a ball