

# LET'S GET ACTIVE



Exercise has numerous positive benefits throughout all stages of life. Regular physical activity has been associated with a reduction in total mortality among older adults, increased bone health, decreased risk of falls and fractures, improved mood & memory and better sleep (2). As one ages, participation in physical activity may decrease, however there are several ways to keep your loved ones active and healthy. The following section outlines multiple meaningful activities to do with loved ones living with dementia, with modifications to suit all abilities!

## Precaution



Please consult your loved one's doctor or physician before beginning any physical activity program or changing their physical activity patterns. This is of particular importance if they have been inactive, or have any underlying medical conditions that may be worsened by exercise. Ensure that your loved one is exercising at a level that is appropriate for them. This means that they should start out slowly and build their way up. Stop if they experience any pain, dizziness, lightheadedness or if they are heavily out of breath.

# 1

## INTERACTIVE WALKING

### Why do it?

Walking can help improve one's physical and mental health and well-being. Adding a cognitive element can be beneficial in keeping one's mind sharp.

### Materials Needed

- Worksheet associated with the activity
- A clipboard
- The great outdoors!

### Steps

1. Pick a route where you would like to walk.
2. Have your loved one select a cognitive game to play during the walk.



### Cognitive Games:

#### • Scavenger Hunt:

- Before you begin your walk, create a list of things you must find on the walk.
  - For example, a leaf, a rock, a brown house, a stop sign, a green light, etc.
- Check off items as you go, or collect them if you would like!

#### • ABC Walking:

- Go through the alphabet starting with the letter "A" and find things on your walk that begin with that letter; once found, move onto the next letter.
  - For example, A= acorn, airplane, apple tree, B= bike, butterfly, basketball, C= crosswalk, etc.

#### • Bingo Walking:

- Pick a bingo sheet online (included in links/resources on next page) or create one with things you need to find on your walk.
- As the caregiver, you will carry the sheet and cross off items as your loved one finds them during their walk.

# 1 INTERACTIVE WALKING



## Resources

- Scavenger Hunt Walk:
  - [Resource Sheet](#)
- Bingo Walking:
  - [Resource Sheet 1](#)
  - [Resource Sheet 2](#)



## ↑ Adjust Difficulty ↓

### Physical

- Pick a longer route.

- Pick a shorter route.

### Cognitive

- Let your loved one choose where they would like to walk.
- Have your loved one create the list of items for the Scavenger Hunt and Bingo.

- Pick a scavenger hunt with less items.
- Go walking without a game.



## Safety



- As a caregiver, you should do this walk with your loved one to avoid wandering or injury.
- Ensure that your loved one has good mobility and balance for walking. Adapt if needed with cane, walker or wheelchair, as prescribed by health care provider.





# 2

## CHAIR EXERCISES

### Why do it?

Doing exercises on a chair is a safe way for someone with mobility or balance issues to increase their heart rate and muscle strength.

### Materials Needed

- A sturdy chair with a backrest and no armrests
- Music your loved one likes
- Speaker/computer to play videos
- Optional: light hand-weights or ankle-weights (soup cans also work!)

### Steps

1. Have your loved one sit in a chair.
2. Pick a video from one of the links provided on the next page, or create your own workout by combining exercises from the list on the following page and music of their choosing.



### Safety



Ensure that your loved one drinks water throughout. Stop exercises immediately if they become dizzy or light-headed. Be aware of your loved one's balance when choosing exercises.



For video links and exercise ideas, check out the next page!



# 2

## CHAIR EXERCISES



### Chair Exercise Ideas

- Marching on the spot
- Twisting the upper body from side to side
- Raising up onto heels and toes
- Raising the arms in front, to the side or towards the ceiling
- Raising the opposite arm and leg
- Bending the legs under the chair
- Clapping under the legs
- Bicycling the legs
- Making circles with the arms
- Practicing moving from sitting to standing

Taken from: <https://www.alzheimers.org.uk/get-support/daily-living/exercise/early-middle-dementia>



### Resources

- Full body chair exercises for individuals with more mobility and access to hand weights
- Full body chair exercise video for seniors
- Chair "tai chi" video, can be done with or without the sticks seen in video
- Chair exercise video demonstration



Choose harder or easier exercises depending on your loved one's abilities!



# 3

## YOGA

### Why do it?

Yoga has positive benefits for both the physical and mental health of individuals with dementia. These benefits include: lowering blood pressure, improved balance and muscle strength, and a reduction in depressive states.

### Steps

1. Select a type of yoga that is best suited to your loved one's needs and abilities.
2. Follow the instructions in the links/resources provided.

As a caregiver, you can play a pre-recorded instructional video for your loved one.

- **Chair yoga:** Good for individuals who have reduced mobility and may have trouble sitting on the floor.
- **Mat yoga:** For individuals who can move from sitting to standing with ease, who have good balance and who are able to stand without assistance.

### Resources

- Chair:
  - [Video of gentle chair yoga for individuals with dementia](#)
  - [Video of gentle chair yoga for beginners and seniors](#)
  - [Sheet with description and images of yoga poses](#)
- Mat/standing yoga:
  - [Video of yoga for seniors on a mat](#)
  - [7-minute video of standing yoga for seniors](#)
- Other:
  - [Free yoga for individuals with dementia](#)

### Materials Needed

- A chair, yoga mat or a soft surface to sit on
- A speaker for music/instructions
- A TV/computer to play videos



### Adjust Difficulty

- Mat/standing yoga
- Holding the poses for a longer period of time

- Chair yoga
- Shorter yoga sessions



### Safety



Ensure the space around your loved one is clear and the chair is sturdy.



# 4

## MEDITATION

### Materials Needed

- A speaker for music/instructions
- A quiet space
- A comfortable place to sit or lay down.

### Why do it?

Meditation helps eliminate negative thoughts, worries and anxiety, and can improve one's sleep.

### Steps

1. Have your loved one lie or sit in a comfortable position.
2. Instruct them to close their eyes while you turn on calming music.
3. Instruct them to take deep, controlled breaths, and to focus their attention on their breathing and how their body moves with each inhale and exhale.
4. Let their mind wander!

*\*An option would be to play one of the guided meditation videos provided in the links/resources\**



### Adjust Difficulty

Choose a video that involves more steps and concentration.

Play music and have them lay down, close their eyes and breathe.

### Resources

- [Calming music](#)
- Meditation videos:
  - [5-minute meditation](#)
  - [15-minute meditation](#)
  - [Meditation/body scan](#)— involves increased cognitive ability



# 5

## CORNHOLE

### Why do it?

This activity works on one's hand-eye coordination while enjoying the fresh air. Want to make it more fun? Involve the whole family!

### Steps

1. Set up the game per the 'How to Play' instructions.
  - Two teams of 2 is ideal, but there can be more or less players per team!
2. Follow the rules and scoring instructions posted below.

### How to play:

1. Set up the boards ~27 ft apart and have teams stand next to their own board with their 4 coloured bean bags.
2. Players take turn tossing one bag at a time at their opponents' board (while staying behind the front of their own board), attempting to get the bag in the hole.
3. When all bags have been tossed, points are tallied: 3 pts for a bag **in** the hole, 1 pt for a bag **on** the board
  - First team to 21 pts wins!

*Adapted from: <https://www.playcornhole.org/pages/rules>*

### Materials Needed

This activity should be done outside on the grass!

- Store-bought cornhole game set
  - [Amazon](#)
  - [Walmart](#)
- Make your own game set! – involves good wood-working skills
  - [Option 1](#)
  - [Option 2](#)



### Adjust Difficulty

- Have your loved one walk to pick up the bean bags.
- Play multiple rounds.

- Have your loved-one sit in a chair, with room to swing their arm.
- Move Cornhole boards closer together.

### Safety



Ensure that the surface of the grass is smooth and clear of other objects.

# 6

## BOCCE BALL

### Why do it?

Bocce ball helps improve one's flexibility, mobility and strategic planning while in an outdoor and social environment.

### Steps

1. Make two teams. 2 people per team is ideal, but can be more or less!
  - Both teams should stand on the same side.
2. Follow the rules and scoring instructions on the next page.



### Materials Needed

Bocce ball should be played outside on the grass!

- A bocce ball set:
  - [Amazon](#)
- Makeshift bocce ball:
  - A golf ball
  - 8 tennis balls/lacrosse balls (depending on how heavy you want them and what material you have)
  - Paint to paint the balls 2 different colours (ex. 4 blue, 4 red)



### Safety



Ensure that the surface of the grass is smooth and clear of other objects.

# 6

## BOCCE BALL



### Rules

- Separate into two teams of 2 players each. Do a coin toss to determine who starts.
- The first team starts by tossing the jack (small ball/golf ball).  
*Note: all balls must be thrown underhand.*
- The same team throws the first bocce ball (bigger ball/tennis ball), with the aim of trying to get the bocce ball as close to the jack as possible.
- Then, one player from the opposite team throws their bocce ball.
- The team that is furthest away from the jack gets to throw their remaining 3 balls, with the players on that team alternating who throws.
- Then the team who hasn't completed their throws goes.

### Scoring

- Measure which team's bocce is closest to the jack.
- The team with the closest ball to the jack wins and gets 1 point; the winning team gets an additional point for every ball that is closer than the opposing team's closest ball.
- Continue to play until one team reaches 12 points.

Adapted from: <https://www.backyardbocce.com/basic-rules/>



### Adjust Difficulty



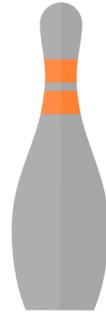
- Have your loved one go and collect the balls.
- Use heavier balls.

- Have your loved one throw the balls sitting down in a chair.
- Do not throw the jack as far away.



# 7

# TABLE BOWLING



## Why do it?

This fun game works on hand-eye coordination and can be done sitting or standing. It is great for individuals who used to go to the bowling alley!

## Steps

1. Set up 10 half-filled water bottles at the end of the table as you would bowling pins.
2. Stand at the opposite end of the table and roll the bowling ball (lacrosse or tennis ball) to knock over the water bottles.
3. Each player gets 2 tries at bowling the ball, then the score is tallied.
4. The pins are reset and the other player bowls.

## How to score:

- Strike: knock down all 10 pins in the first bowl = 10 pts.
- Spare: knock down all 10 pins in two bowls = 10 pts.
- Otherwise, the number of pins you knock over in your two turns is the amount of points you get.
  - E.g. 2 pins knocked over on the first bowl and 3 pins knocked over on the second = 5 pts total that turn.
- Keep going until one player reaches 100 points, or any amount that you determine!

*\*Note: these rules are simplified and if you would like, you can use real bowling rules provided in [link](#)\**

Adapted from: <http://www.fryes4fun.com/Bowling/scoring.htm>

## Materials Needed

- 10 plastic water bottles
- 1 heavier ball (e.g. lacrosse ball, baseball, tennis ball)
- A long table, or a clear smooth floor



To make the activity more creative, paint the water bottles!



<https://images.app.goo.gl/a4fza5yHvyZq5MZt6>

## Adjust Difficulty

- Add more water bottles.
- Add more water to the water bottles, which will require a stronger throw.
- Use a smaller and heavier ball.

- Have your loved one do this sitting down.
- Put less water in the bottles so that they are easier to knock over.
- Use a bigger and lighter ball.

# 8

## PLANT A FLOWER

### Why do it?

Caring for a plant provides your loved one with a sense of accomplishment and helps improve one's memory. This is an activity that can be done both inside and outside.

### Steps

1. Collect the materials needed.
2. Have your loved one fill their pot with soil
3. Create small holes in the soil in the middle of the pot and add seeds or flowers to them.
4. Cover up seeds with soil, then water and place it in an appropriate location (based on its growing needs).
5. Remember to water the plant as it grows!



### Materials Needed

- Flower pot
- Soil
- Seeds/plants
- Water/watering can
- Gardening gloves
- Small shovel



To add an element of creativity, paint the pots before you plant the flowers!



### Adjust Difficulty

### Safety



Always use supervision to ensure that none of the materials are ingested as fertilizer may be toxic. Always perform this activity at a table with sturdy chairs.

Have your loved one choose the plants (either online or at the garden center).

Help your loved one put the soil in the pot and water the plants.

# 9

# OUTDOOR GARDENING

## Why do it?

Gardening is a great way to stay physically active, enhance your mental ability, be creative and set goals!



## Steps

Gardening can be done in a variety of ways such as:

- Planting flowers in a garden bed
- Planting a vegetable garden
- Weeding a flower bed
- Clipping hedges
- Watering plants



## Notes

- Choose easy-to-grow plants.
- Place stools/chairs outside for your loved one to sit on when they need a break.
- Plant in raised plant boxes whenever possible.
- Ensure your loved one is wearing proper sun protection.
- If they are working in a kneeling position, have them wear knee-pads or put a soft towel underneath.



## Materials Needed

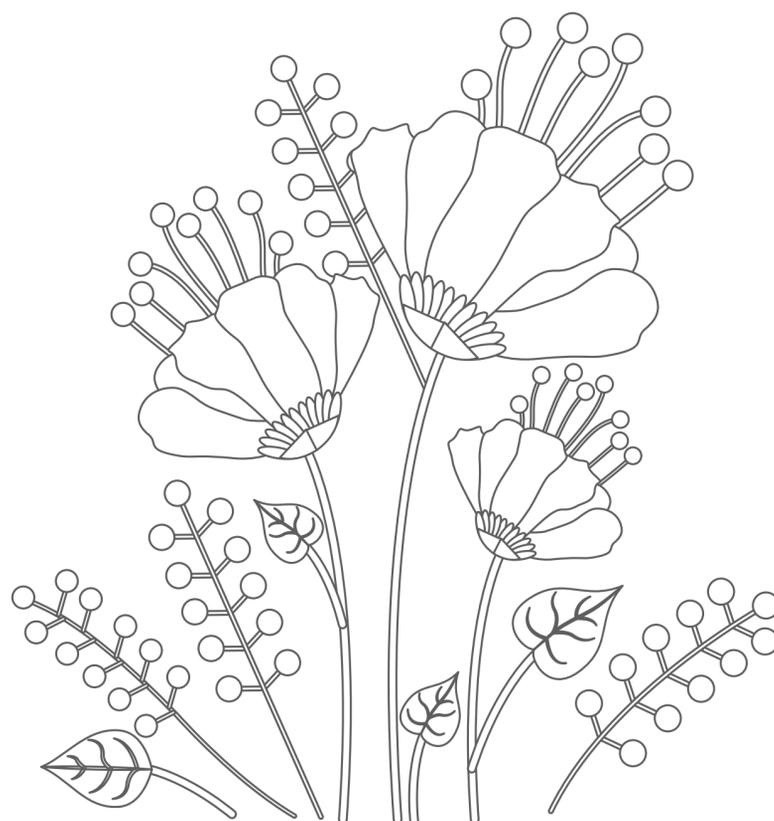
- Garden bed
- Soil
- Seeds/plants
- Water/watering can
- Weed puller
- Clippers
- Gardening gloves
- Small shovel

## Safety

Consider your loved one's physical and cognitive abilities when using a weed puller, clippers or any other sharp objects, as use may cause injury.



# STIMULATE YOUR SENSES



Communication remains possible in all stages of dementia; however, it can become increasingly challenging as the disease progresses. Although many focus primarily on verbal communication, it is essential to stimulate all senses when engaging with your loved one. This becomes especially important in the later stages of dementia when speech may be limited or absent. The following activities aim to stimulate touch, sound, smell and sight. You can find activities related to taste in the "Creating and Crafting" section.

# 1

## MAKE A SCENT KIT

### Why do it?

Stimulate your loved one's sense of smell with familiar scents.

### Steps

1. Place several drops of essential oil on a cotton ball or cotton pad.
2. Place the cotton ball or pad in a spice jar and secure the lid.
3. Repeat the process until you have an assortment of filled jars.
4. Place the jars in a shoebox or container to store.

### Materials Needed

- Different scents:
- Essential oils
  - Tea bags
  - Coffee beans
  - Perfume
  - Whole Spices
  - Spice jars
  - Cotton balls or cotton pads
  - Shoebox, basket or container



### Safety

Consider any allergies or sensitivities your loved one may have, as some synthetic perfumes can provoke these. You may want to use spice jars with perforated lids so the contents cannot fall out or be swallowed.

### Adjust Difficulty

Have your loved one help pick out scents they like and fill the jars.

Make the kit for your loved one and help them open the jars.

### Notes

Over time, the smell of the oils will fade and you will need to add a few more drops.

Try to select spices that will be comforting or familiar to your loved one. You could use whole spices, coffee beans, tea bags, or perfumes (sprayed onto a cotton ball).

\* Activity idea from the Alzheimer's Association



### Additional Resources

You can find essential oils at health food stores or online:

- [Amazon](#)
- [Saje Natural Wellness](#)



# 2

## MAKE A FLOWER ARRANGEMENT

### Why do it?

Engage your loved one's sense of sight and smell with brightly coloured, fragrant flowers that make a lovely addition to their room.

### Materials Needed

- A variety of fresh flowers and greenery
- A vase (you may need more than one)
- Shears or scissors
- Water
- Optional: ribbons or other decorative items

### Steps

1. Lay out the flowers and greenery on a table and have your loved one select which ones they want to use.
2. Spend time smelling the flowers and talking about the varieties and colours.
3. Fill a vase with water.
4. Snip the ends of the flowers off and have your loved one arrange them in the vase. Adjust the height as needed.
  - Optional: add a ribbon or other decorative items.
5. Put the vase in a visible spot.
6. Repeat the process to make more bouquets if you have extra materials.



### Adjust Difficulty



If your loved one has a favourite flower or colour, try to incorporate it. If you do not have access to fresh flowers, you could use artificial ones instead.

### Safety



Be aware of any allergies your loved one may have to certain flowers. Be careful of the shears/scissors and only allow your loved one to do the cutting if you feel that they will be safe or by using safety scissors.

Assist your loved one to pick out the flowers at a shop or from a garden.

Cut and arrange the flowers yourself while gathering your loved one's input on what flowers to use and where to place them.

# 3

## MAKE A SHAKER

### Why do it?

Engage your loved one's sense of hearing by creating a homemade instrument, such as a shaker, that they can use later for a fun way to play along to music.

### Materials Needed

- Empty plastic water bottles
- Hard objects such as dried beans, dried lentil lentils, plastic beads, rice
- Music playing device
- Colourful tape, paints, string (optional)
- Funnel (optional)

### Steps

1. Remove the lids from the water bottles.
2. Assist your loved one to fill each water bottle part way up with the rice, beans, lentils, etc. Use a funnel to make this easier.
3. Secure the lids tightly on the bottles and shake to test the sound.
4. Remove or add materials to the bottles as desired.
  - Optional: decorate the outside of the bottles with tape, paint and string.
5. Put on some music and shake the shakers!



### Adjust Difficulty

### Additional Resources

A video example of how to make a shaker:

- [Link to video](#)

There are lots of other kinds of instruments you can make

- [Link to example of other instruments](#)



Try shaking to a specific beat in the song.

Make the shakers for your loved one ahead of time so they are ready for use!

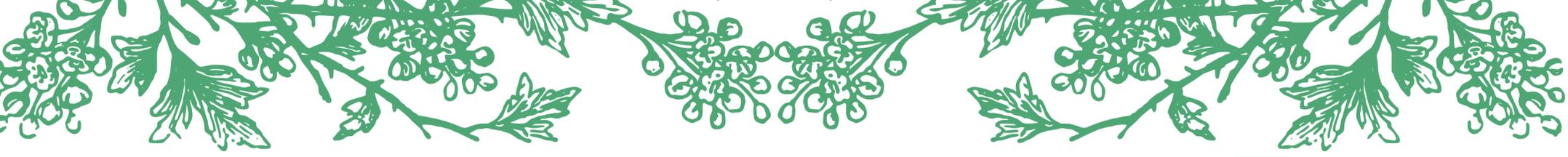
### Safety



Keep an eye on the dried beans and other small objects as they could be a choking hazard.

When choosing music for your loved one to play along to, you may want to think about music from a decade that your loved one enjoys – maybe something from their teenage years!





# 4

## MAKE A FIDGET BLANKET

### Why do it?

A fidget blanket is a blanket with all kinds of bits and bobs sewn that can provide comfort and give busy hands something to do.

### Materials Needed

- A piece of material (a fleece blanket, an apron, a pillow, felt, towel)
  - Needle
  - Thread
- Bits and bobs, such as:
- Buttons
  - Belts
  - Fringe
  - Bells
  - Fabrics of different textures
  - A tie

### Steps

1. Cut your piece of fabric to a desired size if necessary. It should be able to lay comfortably on your loved one's lap.
2. Sew on all your bits and bobs onto one side of the material.
3. Lay the fidget blanket onto your loved one's lap.
  - Show them and demonstrate all the things to fiddle with!

### Additional Resources

\* Activity adapted from [Golden Carers- How to Make Sensory Blankets For Dementia Care](#)

You can purchase fidget blankets online: [Purchase link](#)



[https://images-na.ssl-images-amazon.com/images/I/A1J0gHegbTL.\\_SL1500\\_.jpg](https://images-na.ssl-images-amazon.com/images/I/A1J0gHegbTL._SL1500_.jpg)

### Adjust Difficulty

Your loved one could help you with some of the sewing.

Your loved one could feel all the materials to see which ones they like.



### Safety

Ensure that all the bits are sewn on securely to ensure that they cannot be pulled off and swallowed.



# 5

## MAKE A CITRUS GARLAND



### Materials Needed

- Citrus fruit (fruit with thin peels will be easier to work with)
- String or twine
- Cookie cutters
- Wooden skewer
- Wax or parchment paper
- A few heavy books

### Why do it?

A citrus garland can be used as a decoration for the holidays and gives off a wonderful scent.

### Steps

1. Peel the citrus fruit carefully, keeping the peel in large pieces.
2. Use cookie cutters to punch out shapes from the peel.
3. Use the wooden skewer to punch out a hole in each shape.
4. String each shape and spread them apart so they form a garland.
5. Place the garland between 2 pieces of wax or parchment paper and place heavy books on top – this will ensure the garland dries flat.
6. Dry until the garland is no longer sticky, then hang and enjoy!



<https://homedesigns99.com/wp/wp-content/uploads/2013/12/Orange-Peel-Star-Garland.jpg>



### Adjust



Have your loved one do the peeling and punch out the shapes.

Help your loved one to peel the fruit. Have them sit beside you as you cut the shapes so they can enjoy the smell.

### Safety

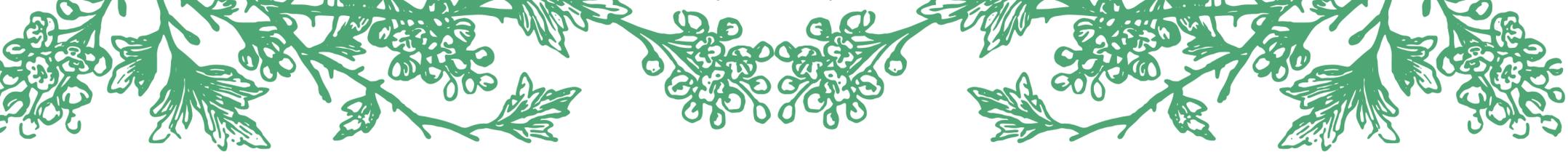


Be careful with sharp objects such as wooden skewers. You may want to punch the holes for your loved one. Big pieces of citrus peel can also be a choking hazard.



Include the grandchildren in this activity by having them create their own garlands to add a festive scent to their rooms!

\*Activity adapted from [A Daily Something](#)



# 6 MAKE CINNAMON ORNAMENTS



## Why do it?

Cinnamon ornaments give off a lovely scent and they make great gifts. Hang them up in your loved one's room so they can enjoy the scent all day long.

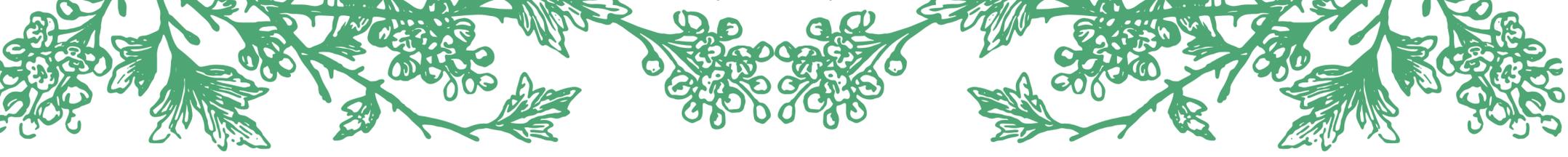
## Materials Needed

- 0.5 cup applesauce
- 1 cups ground cinnamon
- 0.5 cups glue
- Mixing bowl
- Spoon
- Cookie cutters
- Parchment paper
- Rolling pin
- Plastic wrap
- Straw
- String or ribbon
- Baking sheet
- Oven

## Steps

1. Place the applesauce, cinnamon and glue into the mixing bowl and combine until the mixture forms a ball.
2. Wrap the ball in plastic wrap and let it sit for 1 hour at room temperature.
3. Preheat oven to 200°F and line the baking sheet with parchment paper.
4. Place the ball between 2 large pieces of plastic wrap and roll out to about 1/4 inch thickness.
5. Use cookie cutters to cut out shapes.
6. Place the ornaments on the prepared baking sheet (they will not spread so can be placed close to one another).
7. Use the straw to punch out a hole on each ornament (this could be at the top or two in the middle depending on how you'd like to hang them).
8. Bake for 2 hours, flipping them half way, or until the ornaments are hard.
9. Let them dry fully at room temperature.
10. Pass the ribbon through the hole(s) and tie to finish.





# 6

# MAKE CINNAMON ORNAMENTS



## Adjust Difficulty



Physical

- Have your loved one roll out the dough and cut out the shapes.
- Have your loved one string the ornaments or tie ribbon to hang.

- Have your loved one help mix the dough with their hands to form a ball.



## Notes

The ornaments will retain their smell longer if they are stored in an airtight container after the holidays.

\* activity adapted from [Kitchn- How to Make Cinnamon Dough Ornaments](#)

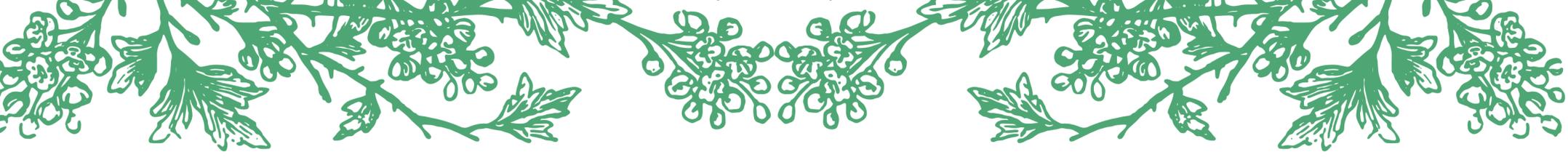


## Safety



The ornaments are not edible as glue may be harmful if swallowed. When baking the ornaments, use oven mitts and do not touch hot surfaces.





# 7

## LISTEN TO SOMETHING NEW:

Audiobooks

Podcasts

Music

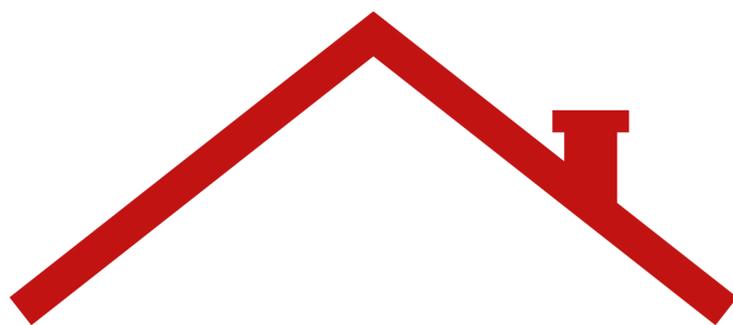
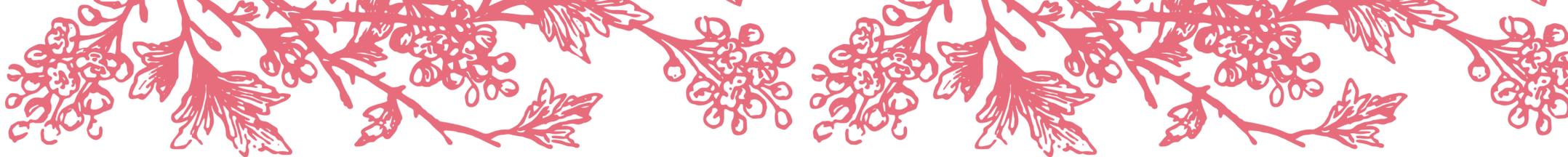
Stories



Animal sounds (such as bird chirping)

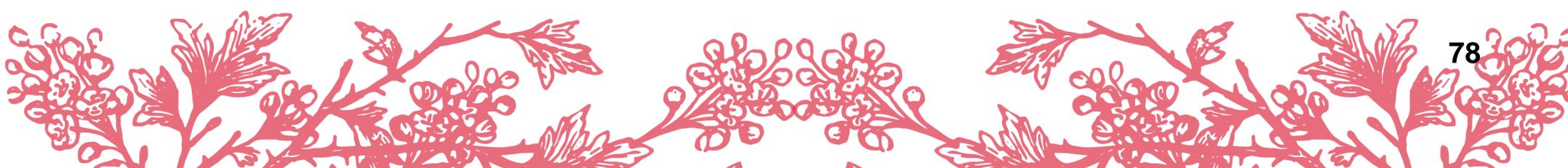
Nature sounds (such as ocean sounds)





# HOUSEHOLD ACTIVITIES

By engaging your loved one in common household tasks, they are provided with a sense of contribution and accomplishment. These activities can be of help to others, and may bring familiarity and routine into their daily lives. Consider your loved one's abilities prior to choosing an activity and adjust difficulty to meet their needs.



# 1

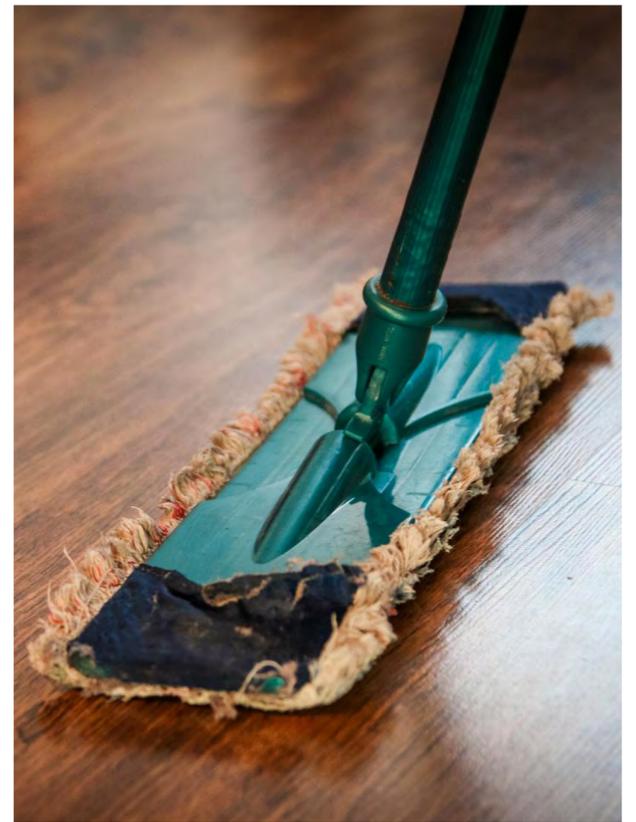
## SPRING CLEANING

### Materials Needed

- Dusting cloth
- Broom, mop, vacuum
- Cleaning products

### Why do it?

Engaging in spring cleaning or organizing is an excellent way to keep your loved one engaged in activities they performed prior to their diagnosis. It is an excellent way to have them continue to feel a sense of normalcy and accomplishment once the task is finished.



### Adjust Difficulty



Have your loved one participate in as many tasks as they are capable of doing. Supplement their efforts by assisting with more physically or cognitively demanding tasks.

If your loved one is unable to physically help out, sit down with them and have them identify priority tasks. Get their input on how to organize their belongings.

### Safety



Many cleaning products are toxic if ingested. Read all safety labels, and consider your loved one's sensitivities to certain scents prior to use. Always use proper lifting technique when moving objects to avoid injury.



Find cleaning ideas on the following page

# 1

## SPRING CLEANING

**Consider one of the following activities to complete with your loved one:**



- Empty out the pantry and fridge of old and expired foods.
- Clean out the closet and donate clothes or shoes that are no longer worn to local charities.
- Change the bedding from winter duvets to spring throws. Consider reorganizing linen closets and donating those no longer used to local charities.
- Go through old books. Organize them on a bookshelf by alphabetical order, genre or size.
- Check on home safety equipment such as CO2 detectors and fire extinguishers to ensure they are within date and still working.
- Reorganize the decor within a room – while this may not be cleaning, it can give the room a fresh, new feel!

# 2

## MAKE A SHOPPING LIST

### Materials Needed

- Recipe
- Pen and paper  
OR computer with keyboard  
OR iPad with stylus

### Why do it?

Even if your loved one is unable to cook, it can be empowering to still be a part of this household task. By writing a shopping list based off a recipe of their choice, your loved one can feel as though they are contributing to the household!



### Steps

1. Have your loved one choose one or more of their favourite recipes.
2. Look at which ingredients are needed for the recipe and compare them to what you already have in your kitchen.
3. Write or type the missing ingredients that are needed for the recipe, creating your shopping list.



### Safety



When looking for ingredients that you already have in your kitchen, make sure the kitchen is clutter-free and that you supervise your loved one, to reduce the risk of falls.

# 2

## MAKE A SHOPPING LIST



### Adjust Difficulty

Physical

- Write down the list of ingredients using a pen and pencil.

- Type the list of ingredients on the computer, or write it on an iPad with the use of a stylus.

Cognitive

- Let your loved one do most of the choosing of recipes and writing down necessary ingredients.

- Choose recipes which are more simple and aid your loved one by helping look at what ingredients you need versus the ones you already have.

### Safety



When looking for ingredients that you already have in your kitchen, make sure the kitchen is clutter-free and that you supervise your loved one, to reduce the risk of falls.

### Idea



If your loved one wants to come grocery shopping, have them bring this shopping list and get them to check off items as they are collected!

### Additional Resources

Use this [shopping list app](#) to create your own, personalized shopping list!



# 3

## FOLDING LAUNDRY

### Why do it?

Folding laundry is a repetitive task that can help to increase memory, self-confidence and competence. It can help your loved one feel as though they are contributing to the household by engaging in an activity that is helpful to other individuals.

### Steps

1. Have your loved one sit at a table that is at an appropriate height to fold clothes on. They may also stand if that is more comfortable.
2. Place the clean laundry in front of your loved one and have them fold what is in the basket, based on their abilities.
3. Have them place the folded clothes in an empty basket once finished.



### Materials Needed

- Clean laundry
- A clean table to fold clothes on
- A chair
- A laundry basket to put folded clothes in



### Adjust Difficulty

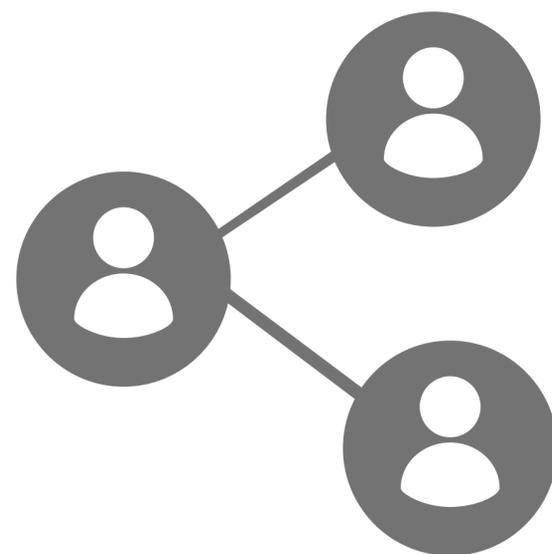
- Have your loved one collect the clothes from the wash and put them in the dryer or hang them.
- Have your loved one put the folded clothes away in drawers.
- Have your loved one pair socks together while you fold the clothes.
- Sort the clothes into piles for them beforehand.

### Safety

Ensure that the laundry has cooled down completely before placing it in front of your loved one to be folded.



# SOCIAL EVENTS



While one-on-one activities with your loved one can be fun, there may be occasions when you want to involve more family members or friends. The following activities are meant to be done in pairs or in a group, and all revolve around socialization. When involving more people, the amount of stimulation increases. This can be enjoyable for your loved one or it can be stressful, so ensure to consider their preferences and mood that day.

# 1

## SPA DAY

### Why do it?

A spa day can greatly improve one's overall mood and well-being. Massages have also been shown help to improve blood circulation throughout the body!



### Materials Needed

- Nail polish
- Nail filer & nail clippers
- Shallow tub to soak feet in
- Towel
- Face masks
- Massage oil
- Any other required materials for the treatment of your choosing

*Note: not all materials are needed, gather materials based on what activity you decide to do*

### ↑ Adjust Difficulty ↓

Have your loved one reciprocate by providing you with a spa treatment such as a neck massage.

Have your loved one lay in bed while you massage their feet.

### Safety



Perform a skin-test for substances such as the massage oil or face masks on a small area of one's skin before applying to face or a large surface of the body. Always use supervision to avoid ingestion of any of the materials.

Have your loved one decide what type of spa treatment they would like to do and then follow the steps associated with it. You can find the steps on the next page!



# 1

## SPA DAY

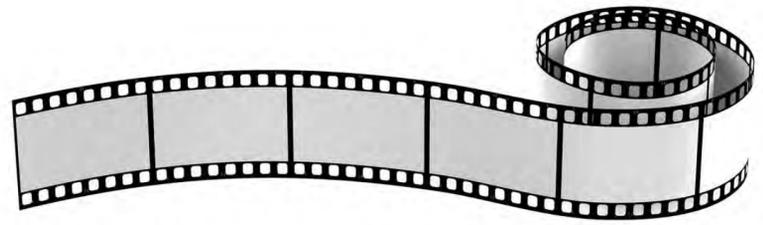
### Steps

- **Pedicure/manicure**
  - Have them soak their feet or hands in a warm tub of water.
  - Dry their feet or hands off with a towel and clip/file their nails.
  - Have them choose their nail polish colour and paint their toes or fingers!
- **Face Mask**
  - Buy a face mask packet at the pharmacy or create a DIY one at home!
    - [Cosmopolitan DIY Face Masks for Every Skin Type](#)
  - Apply the face mask per instructions.
- **Massage**
  - Have your loved one lie on their bed in a towel or under a sheet.
  - Apply massage oil to the area that they would like massaged, such as their back or shoulders.
  - Massage them in a gentle, circular motion.



# 2

## HOST A MOVIE NIGHT



### Why do it?

Hosting a movie night can make watching tv feel new and fun, and lead to valuable social interaction!

### Materials Needed

- A TV
- Access to a streaming service or a DVD player and DVDs
- Blankets
- Pillows
- Seats (chairs, couches)
- Snacks (popcorn, chips, chopped veggies, etc.)
- Bowls
- Some guests!

### Steps

Help your loved one to:

1. Set up a comfortable spot with chairs, pillows, blankets.
2. Fill bowls with snacks and set them out.
3. Select a movie they'd like to watch.

Snuggle in and enjoy the movie!



### Safety

Consider what treats you are putting out. If your loved one easily chokes on food, or has been diagnosed with dysphagia, ensure the snacks are safe. For example, consider putting out treats such as pudding or milkshakes. If your loved one has dysphagia, ensure you are following their food guidelines.



Consider including the grandchildren in this activity with a kid-friendly movie.

### Adjust Difficulty

Have your loved one help prepare some homemade snacks beforehand.

Consider choosing a short TV show to watch instead of a full length movie.

# 3

## HOST A TEA PARTY

### Why do it?

A tea party is a great way to incorporate different sights, smells, taste while socializing.

### Steps

1. Assist your loved one to:
2. Cover the table with a tablecloth.
3. Set the table with plates, cups and spoons.
4. Arrange the biscuits or other snacks on plates.
5. Prepare the tea.
6. Serve the refreshments to guests.

### Materials Needed

- Teapot
- Tea
- Cups
- Plates
- Spoons
- Table
- Tablecloth
- Chairs
- Snacks (biscuits, sandwiches, etc.)
- Sugar
- Milk
- Other guests!



Adjust Difficulty



Have your loved one help make cookies or sandwiches to serve (look at the recipes in the creating and crafting section!)

Reduce or remove the preparation that your loved one helps with. They could simply enjoy the tea and the company.



### Safety

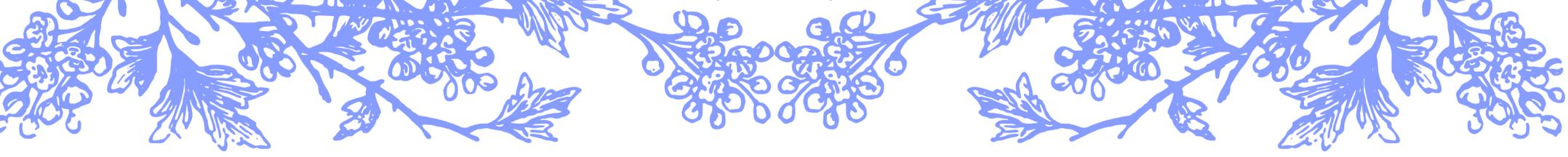


Be careful with the boiling water, you may want to pour the tea yourself. You may want to use plastic or paper cups with lids to prevent breaks or burns. Make sure any biscuits or other foods are an appropriate texture if your loved one has any swallowing difficulties.



This could be a fun activity to do with grandchildren and their dolls or other toys.

Setting the table can be an activity in itself. It could be done before any meal.



# 4

## VIRTUAL ADVENTURE



**Materials Needed**

A computer, laptop, iPad or other smart device with an internet connection

**Why do it?**

A virtual adventure provides your loved one with opportunities to visit different countries and museums, to have new experiences without having to leave the comfort of their room!



### Steps

From the list provided, have your loved one choose which virtual adventure they would like to embark on based on their interests.

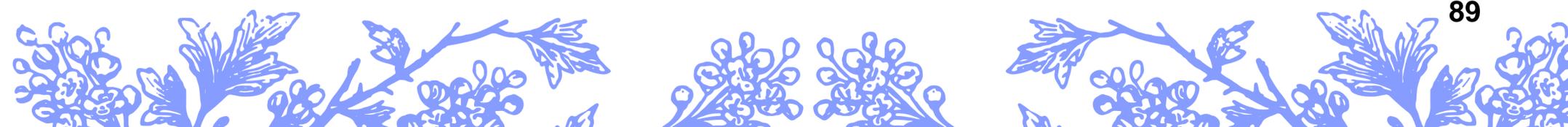
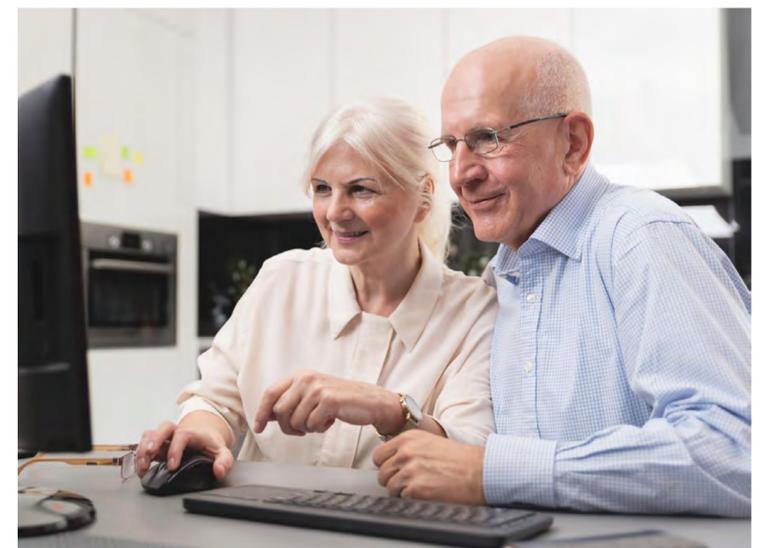
- General list:
  - [Reader's Digest Virtual Trips](#)
  - [Good House Keeping- 30 Amazing Virtual Tours](#)
  - [15 Virtual Trips to Take From Your Living Room](#)
- Museums:
  - [12 World-Class Museums to Visit Online](#)
  - [TimeOut- Virtual Tours of Museums Around the World](#)
- Nature/Travel
  - [Google Arts & Culture- Hidden Worlds of the National Parks](#)
  - [Travel & Leisure- 13 Virtual Train Rides From Around the World](#)

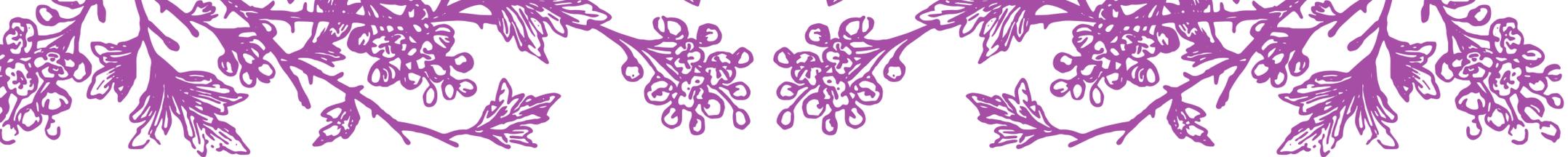


### Adjust Difficulty

Have your loved one click through the virtual tour.

As a caregiver, you do the clicking and navigating of the site.





# Conclusion

We found many resources online for caregivers about feeding, bathing, eating and dressing their loved ones living with dementia, but a lack of information about what to do for fun!

Our goal with the creation of this book was to provide inspiration for caregivers and their loved ones to participate in meaningful activities and form stronger social connections. We hope these activities bring you and your loved ones joy, laughter and good health!

- OT Students Nicole Drinkwater, Chrissy MacDonald, Emma Vadot & Madde MacDougall



Completed as part of OCC1-501 course requirements. Created by N. Drinkwater, C. MacDonald, E. Vadot, M. MacDougall & M.E. Bolduc, 2020. With the assistance of K. Falcicchio. Please contact authors to obtain consent before sharing documents. [clinicaleducation.spot@mcgill.ca](mailto:clinicaleducation.spot@mcgill.ca).



**McGill**

School of  
Physical and  
Occupational Therapy

# Title of Activity:

## Materials Needed

## Steps



Adjust Difficulty



## Safety



## Notes



# Title of Activity:

## Materials Needed

## Steps



Adjust Difficulty



## Safety



## Notes



# Title of Activity:

## Materials Needed

## Steps



Adjust Difficulty



## Safety



## Notes



# Title of Activity:

## Materials Needed

## Steps



Adjust Difficulty



## Safety



## Notes



# Title of Activity:

## Materials Needed

## Steps



Adjust Difficulty

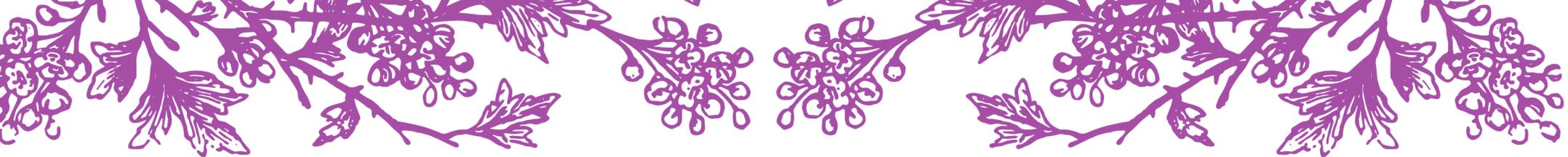


## Safety



## Notes





# Links to Resources

## Cooking:

- Alzheimer's Association Food and Eating
  - <https://www.alz.org/help-support/caregiving/daily-care/food-eating>
- Cooking for People with Dementia by Claudia Menebrocker and Jorne Rebbe
  - [https://books.google.ca/books?id=YrYrTo-OvOC&printsec=frontcover&dq=cooking+for+people+with+dementia&hl=en&sa=X&ved=OahUKEwiv47267c\\_pAhUWsp4KHSyxC\\_wQ6AEIKDAA#v=onepage&q=cooking%20for%20people%20with%20dementia&f=false](https://books.google.ca/books?id=YrYrTo-OvOC&printsec=frontcover&dq=cooking+for+people+with+dementia&hl=en&sa=X&ved=OahUKEwiv47267c_pAhUWsp4KHSyxC_wQ6AEIKDAA#v=onepage&q=cooking%20for%20people%20with%20dementia&f=false)
- Home Safety Checklist
  - <https://www.alz.org/media/Documents/alzheimers-dementia-home-safety-checklist-ts.pdf>

## Recipes:

- Picnic Sandwich, Fruit Kebabs and Smoothie Time
  - <https://dementia.livebetterwith.com/blogs/advice/14-cooking-and-kitchen-activity-ideas-for-care-home-residents>
- Bake and Decorate Cookies
  - <https://www.active-minds.org/news/5-baking-activities-suitable-for-those-with-dementia/>
- Easy Sugar Cookie Recipe
  - <https://sallysbakingaddiction.com/best-sugar-cookies/>
- Strawberry Freezer Jam
  - <https://www.allrecipes.com/recipe/51835/strawberry-freezer-jam/>
- Mashed Potatoes and Morning Pancakes
  - <https://books.google.ca/books?id=YrYrTo-OvOC&pg=PA74&ots=MozAQ1nOEK&dq=dumpling+making+for+dementia&pg=PA4#v=onepage&q=dumpling%20making%20for%20dementia&f=false>
- Make Pancake Batter from Scratch
  - <https://www.allrecipes.com/recipe/45396/easy-pancakes/>

## Origami:

- Video on how to make an origami box
  - [https://www.youtube.com/watch?v=JK5Ni5\\_WEM4](https://www.youtube.com/watch?v=JK5Ni5_WEM4)
- Origami Handbook
  - [https://apapachoorigami.files.wordpress.com/2019/04/handbook\\_origami\\_cognitivee\\_registered-1.pdf](https://apapachoorigami.files.wordpress.com/2019/04/handbook_origami_cognitivee_registered-1.pdf)
- Origami Instructions picture
  - <https://www.pinterest.com/pin/433190057897669491/>

## Play Dough:

- Video of making own Play dough
  - <https://www.youtube.com/watch?v=xCtMiNcxgVY>
- Walmart shop for Play Dough
  - <https://www.walmart.ca/en/play-doh/N-1000611>

## Making Jewelry:

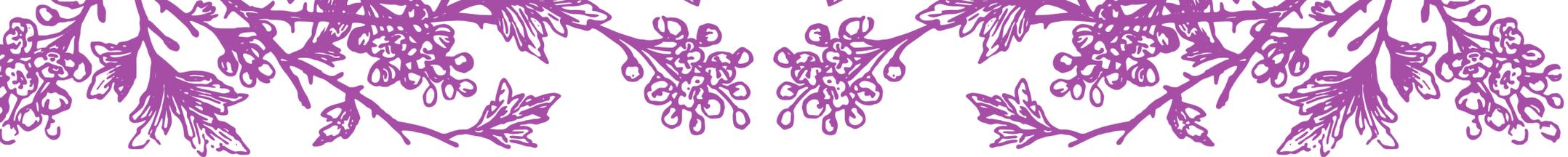
- Beads on Amazon:
  - [https://www.amazon.ca/s?k=pony+beads&rh=n%3A6646338011&ref=nb\\_sb\\_noss](https://www.amazon.ca/s?k=pony+beads&rh=n%3A6646338011&ref=nb_sb_noss)
- Friendship bracelet video:
  - <https://www.youtube.com/watch?v=KOiiUqbbXnO>

## Knitting:

- Knitting instructions
  - <https://www.goldencarers.com/pdf/5015/>
- Knitting pom-poms
  - [https://www.careuk.com/sites/rcs/files/Care\\_UK\\_rcs\\_Easy\\_as\\_ABC.pdf](https://www.careuk.com/sites/rcs/files/Care_UK_rcs_Easy_as_ABC.pdf)
- Knitting a scarf
  - <https://www.youtube.com/watch?v=UHlsWOWl144>

## Bird Feeding:

- DIY site to make bird feeders
  - <https://www.diyncrafts.com/3515/home/23-diy-birdfeeders-will-fill-garden-birds>
- Bird Feeder Image
  - <https://images.app.goo.gl/FNdvyDkJtCJdf5x7>



# Links to Resources

## Ornament Making:

- Salt dough video
  - <https://www.thebestideasforkids.com/salt-dough-handprint-ornament/?jwsourc=cl>
- Cinnamon dough recipe
  - <https://www.thekitchn.com/how-to-make-cinnamon-dough-ornaments-226709>

## Create a Scrapbook:

- Make it online
  - <https://www.mixbook.com>

## Make a Memory Book

- Book Creator
  - <https://apps.apple.com/ca/app/book-creator-one/id661166101>
- MemLife
  - <https://memlife.com/home>
- Pictello
  - <https://apps.apple.com/ca/app/pictello/id397858008>

## Stress Relieving Colouring:

- Easier colouring pages
  - <https://www.coloring.ws/fruit.htm>
- Harder colouring pages <https://www.justcolor.net/nature/coloring-animals-insects/>
- <https://www.justcolor.net/nature/coloring-animals-insects/>
- Adult colouring book
  - [https://www.amazon.ca/Large-Print-Coloring-Book-Patterns/dp/1949651762/ref=sr\\_1\\_1?keywords=adult+coloring+book+for+dementia&qid=1588865601&sr=8-1](https://www.amazon.ca/Large-Print-Coloring-Book-Patterns/dp/1949651762/ref=sr_1_1?keywords=adult+coloring+book+for+dementia&qid=1588865601&sr=8-1)
- Colouring book for individuals with dementia
  - [https://www.amazon.ca/Flower-Coloring-Seniors-Large-Print/dp/1696319412/ref=sr\\_1\\_3?keywords=adult+coloring+book+for+dementia&qid=1588865601&sr=8-3](https://www.amazon.ca/Flower-Coloring-Seniors-Large-Print/dp/1696319412/ref=sr_1_3?keywords=adult+coloring+book+for+dementia&qid=1588865601&sr=8-3)
- Colouring Book Apps
  - <https://www.amazon.ca/Colorfy-Free-Coloring-Adults-Games/dp/B01248YO8E>

## Draw, Paint, Collage:

- Balloon stamping
  - [https://www.youtube.com/watch?v=r6SV\\_ZwU7LQ](https://www.youtube.com/watch?v=r6SV_ZwU7LQ)
- Draw and paint on computer
  - <https://jspaint.app/#local:4cc450fedd8578>
- Sketchbook app
  - <https://sketchbook.com>
- Collage online
  - <https://www.befunky.com/create/collage/>

## Shopping:

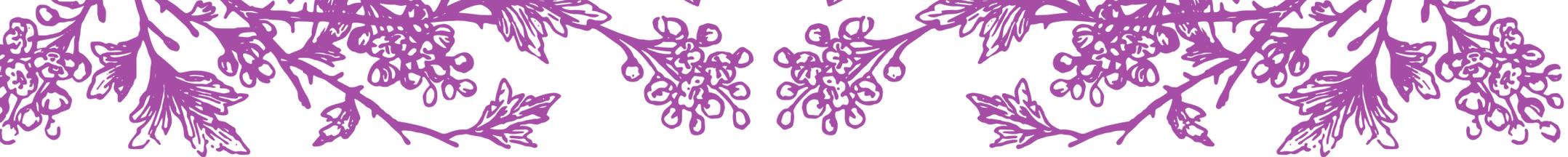
- Shopping list app
  - <https://apps.apple.com/us/app/anylist-grocery-shopping-list/id522167641>
  -

## Crossword Puzzles

- Free, online puzzles
  - <https://www.boatloadpuzzles.com/playcrossword>
- Free, printable puzzles that are updated daily
  - <http://www.onlinecrosswords.net/printable-daily-crosswords.php>
- Link to purchase crossword booklets online
  - [https://www.amazon.com/s?k=crossword+puzzle+books+for+adults&rh=n%3A4416&dc&\\_encoding=UTF8&camp=1789&creative=9325&linkCode=ur2&linkId=363afb1e8eea82c14fca08989d2363f0&qid=1526315729&rnid=2941120011&>tag=beelinewebcOd-20&ref=sr\\_nr\\_n\\_1](https://www.amazon.com/s?k=crossword+puzzle+books+for+adults&rh=n%3A4416&dc&_encoding=UTF8&camp=1789&creative=9325&linkCode=ur2&linkId=363afb1e8eea82c14fca08989d2363f0&qid=1526315729&rnid=2941120011&>tag=beelinewebcOd-20&ref=sr_nr_n_1)
  - <https://www.walmart.ca/search/crossword%20puzzle>

## Word Search Puzzles

- Free, online puzzles
  - <https://thewordsearch.com/>
- Free, online and printable puzzles with solutions
  - <https://www.puzzles.ca/word-search/>
- Link to purchase word search booklets online
  - [https://www.amazon.com/s?k=word+search+books+for+adults&rh=n%3A283155%2Cn%3A4455&dc&\\_encoding=UTF8&camp=1789&creative=9325&fst=as%3Aoff&linkCode=ur2&linkId=79f4bda97a38f22b45a5d54820bcff4&qid=1526315771&rnid=1000&tag=beelinewebcOd-20&ref=sr\\_nr\\_n\\_1](https://www.amazon.com/s?k=word+search+books+for+adults&rh=n%3A283155%2Cn%3A4455&dc&_encoding=UTF8&camp=1789&creative=9325&fst=as%3Aoff&linkCode=ur2&linkId=79f4bda97a38f22b45a5d54820bcff4&qid=1526315771&rnid=1000&tag=beelinewebcOd-20&ref=sr_nr_n_1)
  - <https://www.walmart.ca/search/word%20search>



# Links to Resources

## Sudoku

- Free, online puzzles with varying difficulties
  - <https://sudoku.game/>
- Free, printable puzzles with solutions
  - <https://www.puzzles.ca/sudoku/>
- Link to purchase Sudoku booklets online
  - [https://www.amazon.com/s?k=word+search+books+for+adults&rh=n%3A283155%2Cn%3A4455&dc&\\_encoding=UTF8&camp=1789&creative=9325&fst=as%3Aoff&linkCode=ur2&linkId=79f4bda97a38f22b45a5d54820bc1f4&qid=1526315771&rnid=1000&tag=beelinewebcOd-20&ref=sr\\_nr\\_n\\_1](https://www.amazon.com/s?k=word+search+books+for+adults&rh=n%3A283155%2Cn%3A4455&dc&_encoding=UTF8&camp=1789&creative=9325&fst=as%3Aoff&linkCode=ur2&linkId=79f4bda97a38f22b45a5d54820bc1f4&qid=1526315771&rnid=1000&tag=beelinewebcOd-20&ref=sr_nr_n_1)
  - <https://www.walmart.ca/search/sudoku>

## Jigsaw Puzzles

- Online, free jigsaw puzzles
  - <https://www.jigsawexplorer.com/>
  - <https://www.jigsawplanet.com/>
- Purchase jigsaw puzzles
  - [https://www.amazon.ca/s?k=adult+jigsaw+puzzles&i=toys&ref=nb\\_sb\\_noss\\_1](https://www.amazon.ca/s?k=adult+jigsaw+puzzles&i=toys&ref=nb_sb_noss_1)
  - <https://www.walmart.ca/search/jigsaw%20puzzle>
- Create your own jigsaw puzzle
  - <https://www.shutterfly.com/photo-gifts/puzzles?esch=1>

## Board Games

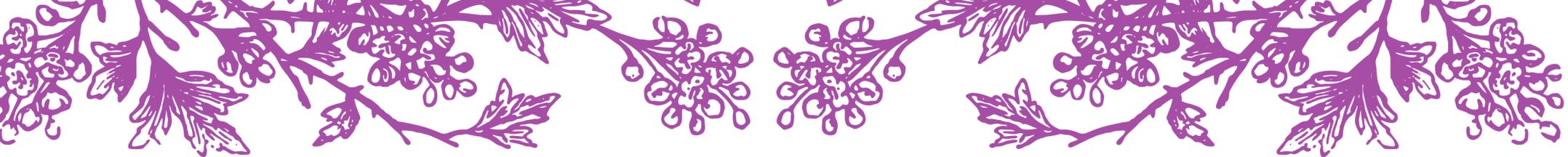
- Link to where various board games can be found for online purchase
  - <https://www.amazon.ca/>
  - <https://www.walmart.ca/search/board%20games>
- Ultra Board Games website where many board game's rules and game play are found
  - <https://www.ultraboardgames.com/index.php>
- Rules for playing Dominoes
  - <https://www.dominorules.com/straight-dominoes>
- Rules for playing Tic Tac Toe – Can also play online
  - [https://www.exploratorium.edu/brain\\_explorer/tictactoe.html](https://www.exploratorium.edu/brain_explorer/tictactoe.html)

## Card Games

- Link to where to purchase playing cards online
  - [https://www.amazon.ca/s?k=playing+cards&ref=nb\\_sb\\_noss\\_2](https://www.amazon.ca/s?k=playing+cards&ref=nb_sb_noss_2)
  - <https://www.walmart.ca/search/standard%20deck%20of%20cards>
- Rules on various fan favourite games from bicycle cards
  - <https://bicyclecards.com/rules/>
- Purchase specialized Old Maid card packs
  - <https://www.amazon.ca/slp/old-maid-card-game/p7nbrau4h4wq4hf>

## Interactive Walking

- Scavenger Hunt Walk
  - <https://www.craftymorning.com/neighborhood-scavenger-hunt-game-sheet/>
- Bingo walking
  - <https://www.pinterest.ca/pin/361976888800088750/?autologin=true>
  - <https://theholdernessfamily.com/stay-at-home-window-bingo/>



# Links to Resources

## Yoga

- Chair yoga
  - Video of gentle chair yoga for individuals with dementia (calm music): <https://www.youtube.com/watch?v=KEjiXtb2hRg>
  - Gentle chair yoga for beginners and seniors: <https://www.youtube.com/watch?v=1DYH5ud3zHo>
  - Sheet with description and images of yoga poses: <https://www.uaex.edu/publications/pdf/FSFCS71.pdf>
- Mat/standing yoga
  - Video of yoga for seniors on a mat: <https://www.youtube.com/watch?v=kFhG-ZzLNN4>
  - 7-minute video of standing yoga for seniors: <https://www.youtube.com/watch?v=NDLad2vOHkU>
- Other
  - Free yoga for individuals with dementia: <https://aumhomeshala.org/classes/free-yoga-classes-alzheimers-dementia/>

## Meditation

- Calming music
  - <https://www.youtube.com/watch?v=Grrz8i2enXg>
- Mediation videos
  - 5-minute meditation: <https://www.youtube.com/watch?v=inpok4MKVLM>
  - 15-minute meditation: <https://www.youtube.com/watch?v=lzV6J4WCwRM>
- Meditation/body scan (involves an increased cognitive ability)
  - <https://www.youtube.com/watch?v=t2UFYXYQHjA>

## Chair Exercises

- Full body chair exercises for individuals with more mobility and access to hand weights
  - <https://californiamobility.com/21-chair-exercises-for-seniors-visual-guide/>
- Full body chair exercise video for seniors
  - <https://www.youtube.com/watch?v=91ABO4utqkA>
- Chair “tai chi” video, can be done with or without the sticks seen in video
  - <https://www.youtube.com/watch?v=QYELdmQpCUQ>
- Chair exercise video demonstration
  - <https://www.youtube.com/watch?v=8BcPHWGQO44>

## Virtual trips

- General list
  - <https://www.rd.com/culture/virtual-day-trips/>
  - <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
  - <https://www.parents.com/fun/activities/indoor/virtual-field-trips-kids-can-take-from-your-living-room/>
- Museums
  - <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>
  - <https://www.timeout.com/travel/virtual-museum-tours>
- Nature
  - <https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>
  - <https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides>

# References

(1) Pöllänen, S. H., & Hirsimäki, R. M. (2014). Crafts as memory triggers in reminiscence: a case study of older women with dementia. *Occupational therapy in health care*, 28(4), 410-430.

(2) Vogel, T., Brechat, P. H., Leprêtre, P. M., Kaltenbach, G., Berthel, M., & Lonsdorfer, J. (2009). Health benefits of physical activity in older patients: a review. *International journal of clinical practice*, 63(2), 303-320.

Bracelet making image, taken from <https://images.app.goo.gl/z3mTsHB74hiYVZ7p9>.

Knitting image, taken from <https://images.app.goo.gl/jzUEs72oPkGSgeWr5>

Bird feeder image, taken from <https://images.app.goo.gl/FNdvyDkJtCJdf5x7>

Guess Who? Image taken from [https://www.google.com/search?q=guess+who%3F&sxsrf=ALeKk0Ob6xh2jFulrPnjqLKVg3tyoZ2MDA:1590644718454&source=lnms&tbm=isch&sa=X&ved=2ahUKEwjdl1aCr7dXpAhXYIDQIHS6LCKEQ\\_AUoAXoECCIQAw&biw=1420&bih=710#imgrc=kn\\_6nR3VjLT4gM](https://www.google.com/search?q=guess+who%3F&sxsrf=ALeKk0Ob6xh2jFulrPnjqLKVg3tyoZ2MDA:1590644718454&source=lnms&tbm=isch&sa=X&ved=2ahUKEwjdl1aCr7dXpAhXYIDQIHS6LCKEQ_AUoAXoECCIQAw&biw=1420&bih=710#imgrc=kn_6nR3VjLT4gM)