
Activity Ideas

- Remember, it's not about being productive. It's about being engaged in the moment.
- It is not about the expectations of the caregiver, rather the comfort of the person for whom the caregiver is providing care.
- Assess each activity for the many steps it takes to complete it. Each step is a specific task that the person can possibly do.
- Reduce all sources of frustration. Plan the activity and have any equipment needed to accomplish it nearby.
- Provide dignified support as needed. Guide a hand, describe what needs to be done next as you are moving through the task steps.
- If stress develops, **stop the activity** and take immediate action to reduce the stress.

Creativity Ideas:

- Create with clay
- Paint or draw a picture (never start with a blank sheet of paper)
- Listen to music
- Tell stories
- Arrange flowers
- Sort colorful objects
- Take photos
- Put a puzzle together
- Read the newspaper or a good book out loud together
- Record their stories or memories for family members
- Start a family tree or a family video for all your family members to enjoy
- Watch an old movie together
- Reminisce with old photo albums



Outdoor Ideas:

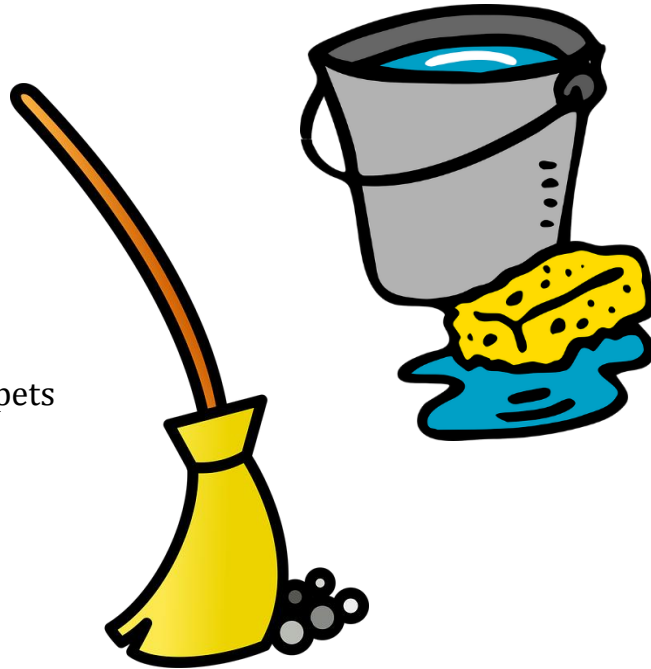
- Feed the birds
- Sweep the patio
- Wipe off patio furniture
- Water plants
- Rake leaves
- Weed the flower bed
- Plant seeds in containers



- Plant something
- Sand wood pieces
- Wash the driveway
- Take a walk
- Go for a drive
- Cut flowers for indoors

Daily Living Ideas:

- Set the table
- Fold clothes, towels, etc.
- Wash silverware Feed the pets
- Dust
- Run the sweeper
- Sort Mail, or other papers
- Peel vegetables
- Sort nuts, bolts, nails, etc.
- Sweep the floor
- Shine the faucets
- Make a simple dessert
- Select an outfit to wear
- Roll yarn into a ball
- Plan a meal



**Some information in this article brought to you by the Alzheimer's & Dementia Resource center.*