



124 Moments of Connection

124 ENGAGING
ACTIVITIES FOR
INDIVIDUALS WITH
DEMENTIA





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124 ENGAGING ACTIVITIES FOR INDIVIDUALS WITH DEMENTIA

Engaging in activities is not only enjoyable but also essential for promoting cognitive stimulation, emotional well-being, and overall quality of life for individuals with dementia. This guide offers you a curated selection of 150 activities carefully chosen to cater to different interests, abilities, and stages of dementia. From sensory experiences to reminiscence activities, creative projects to gentle exercises, there is something for everyone.

We hope that "150 Moments of Connection" will inspire you to embark on a fulfilling and joyful journey of shared experiences with your loved one. Let these activities serve as opportunities for connection, discovery, and cherished memories. Together, we can create moments of joy, engagement, and connection that will enrich your lives.

Sincerely,

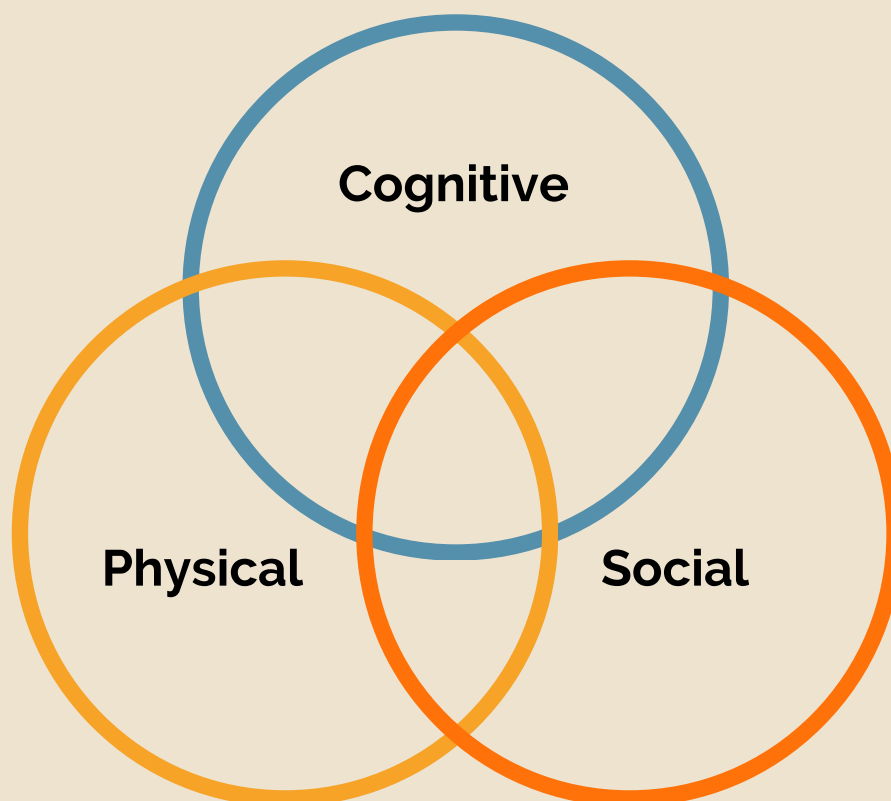
FARRETT DOTSON ORL.MOTV.CAT



TO GET THE MOST OUT OF THIS GUIDE, WE ENCOURAGE YOU TO FOLLOW THESE GENERAL INSTRUCTIONS:

1. Choose an activity: Begin by selecting an activity from the list that resonates with the individual's interests and abilities.
2. Prepare and set the stage: Gather any materials or resources needed for the activity in advance. Create a comfortable and safe environment, taking into account proper lighting, seating, and accessibility.
3. Introduce the activity: Present the activity to your loved one, explaining its purpose and the steps involved.
4. Provide guidance and support: Offer clear and simple instructions, using visual cues or demonstrations if necessary.
5. Allow time for enjoyment: Dedicate ample time for the activity, taking into consideration the individual's attention span and energy levels.
6. Express appreciation and reflection: Throughout the activity, offer praise, encouragement, and positive reinforcement.

The activities chosen vary between cognitive, physical, and social activities. It is important to recognize that these activities can overlap and integrate elements from each area. Selecting the appropriate combination of physical, cognitive, and social elements, we can meet the need of the individual with dementia for the "just right challenge."



***Key to Success:** Each person's journey with dementia is unique, and it's important to adapt and tailor the activities to their specific needs and preferences. Feel free to modify the instructions to create a personalized and enjoyable experience for both you and your loved one.



COGNITIVE ACTIVITIES

Cognitive activities are essential for maintaining cognitive function and promoting mental well-being in individuals with dementia. These activities focus on stimulating the brain and engaging cognitive abilities such as memory, attention, problem-solving, and language skills.

Engaging in cognitive activities can have several benefits. Most importantly, it helps individuals with dementia exercise their cognitive abilities, keeping their minds active and challenged. Regular cognitive stimulation has been shown to slow down cognitive decline and preserve cognitive function for longer periods.

Cognitive activities can improve overall quality of life by enhancing feelings of accomplishment, satisfaction, and confidence. When individuals successfully complete cognitive tasks or solve puzzles, it boosts their self-esteem and promotes a sense of achievement. These positive experiences contribute to emotional well-being and a sense of purpose.

Furthermore, cognitive activities provide opportunities for social interaction and engagement. Participating in group activities or solving puzzles together with others fosters social connections and encourages communication. This social aspect of cognitive activities is important for reducing feelings of isolation and maintaining a sense of belonging.

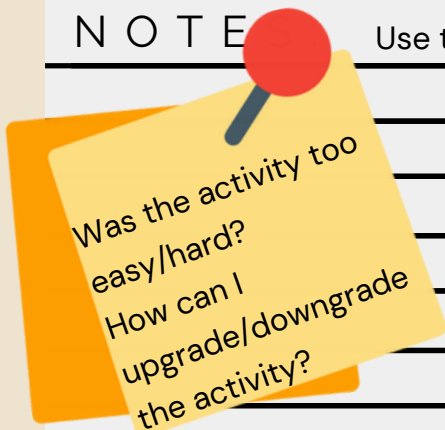


COGNITIVE ACTIVITY LIST

Memory games	Playing strategy board games
Word association game	Doing number or letter sequences
Sudoku	Completing crossword or word search puzzles
Picture matching	Solving Riddles
Object sorting	Story Telling
Reminiscing with old photographs	Identifying and matching colors
Name the objects in a category	"I Spy" or similar observation games
Recalling and discussing favorite memories	Identifying states and locations
Creating a memory book or scrapbook	Participating in group discussions
Learning and practicing a new language	Learning and discussing historical events
Brain Teasers	Identifying and naming animals
Making lists of items based on a category	Doing visual perception exercises
Mental calculation exercises	Creating and solving anagrams
Reading and discussing a short story	Learning and discussing current events
Doing jigsaw puzzles	Doing sequencing activities
Playing card games	Playing matching games

NOTE

Use this space to write notes about the activities completed.





PHYSICAL ACTIVITIES

Physical activities focus on movements and exercises that promote physical health and mobility. These activities can range from gentle exercises and stretching routines, to more active pursuits like dancing or gardening. Engaging in physical activities helps maintain physical function, improves circulation, and enhances overall well-being.

Physical activities can range from gentle exercises to more vigorous movements, depending on the individual's abilities and preferences. These activities help improve muscle strength, flexibility, balance, and coordination, which are essential for maintaining independence and preventing falls. They also promote blood circulation, which supports brain health and cognitive function.

In addition to the physical benefits, physical activities also provide opportunities for social engagement and meaningful connections. Participating in group exercises, dancing, or outdoor activities allows individuals to interact with others, fostering a sense of belonging and reducing feelings of isolation. Moreover, physical activities release endorphins, which are natural mood boosters that can enhance emotional well-being and reduce stress and anxiety.

It's important to choose physical activities that are safe and enjoyable for the individual. Caregivers should consider the person's abilities, any physical limitations, and consult with healthcare professionals, if necessary. By incorporating physical activities into the daily routine, caregivers can help both the individual with dementia (as well as their own their physical function, overall well-being, and promote a sense of vitality and joy.



PHYSICAL ACTIVITY LIST

Practicing breathing exercises	Simple tai chi
Hand massages or hand exercises	Tossing and catching beanbags
Going for a swim or water aerobics	Wheelchair dancing
Watercolor painting	Gentle resistance band exercises
Throwing rings onto a target	Doing chair aerobics or seated Zumba
Going for a nature walk	Simple strength training with light weights
Hitting a balloon back and forth	Doing stretching exercises with a partner
Participating in a modified dance class	Going for a walk in a nearby park or garden
Chair exercises or seated workouts	Playing with a beach ball or inflatable toy
Doing simple aerobic exercises	Trying out gentle hula hoop exercises
Trying out modified Pilates exercises	Using hand weights for strength training
Having a water balloon toss	Practicing seated balance exercises
Walking with neighbors	Rake leaves
Trying out modified kickboxing moves	Sewing, crochet, knitting, etc.
Sweep and/or vacuum	Doing core exercises with a stability ball
Participating in a modified group class	Practicing tossing and catching a soft frisbee
Going for a wheelchair-friendly nature walk	Doing modified strength training exercises
Practicing hand-eye coordination	Going for a wheelchair-friendly picnic
Doing modified yoga stretches or poses	Using hand weights for upper body exercises
Having a game of catch with a soft foam ball	Practicing standing balance exercises
Going for a wheelchair roll in a local area	Doing leg exercises while seated
Blowing bubbles and trying to catch them	Trying out modified Zumba
Sorting, folding, and/or ironing laundry	Going for a bike ride with a caregiver
Wall Pushups	Light gardening or potting plants
Playing with grandkids	Trying out modified ballet movements
Hand strengthening with putty	Crafting and furniture restoration
Tossing and catching beanbags	Dusting furniture
Dancing to favorite music	Stretching exercises
Going for a wheelchair stroll outdoors	Play yard games

PHYSICAL ACTIVITY LIST

NOTES : Use this space to write notes about the activities completed.





SOCIAL ACTIVITIES

Social activities emphasize social interaction and connection with others. These activities provide opportunities for engagement, conversation, and shared experiences. Social activities can include group outings, social clubs, art classes, or simply spending quality time with family and friends. Engaging in social activities helps combat feelings of isolation, promotes emotional well-being, and fosters a sense of belonging.

Participating in social activities provides opportunities for individuals with dementia to connect with others, share experiences, and express themselves. It helps to reduce feelings of isolation and loneliness, which are common among those with dementia. Social interactions stimulate the brain, encouraging cognitive functions such as memory, attention, and problem-solving. Through conversation, storytelling, and reminiscing, individuals can exercise their cognitive abilities, recall past memories, and engage in meaningful interactions.

Moreover, social activities contribute to emotional well-being by fostering positive emotions, reducing stress, and improving mood. Being in the company of others can bring joy, laughter, and a sense of purpose to individuals with dementia. It provides a platform for emotional expression and support, as well as opportunities for building and maintaining relationships. Social activities also promote a sense of normalcy, helping individuals with dementia feel valued, respected, and included in social settings.



SOCIAL ACTIVITY LIST

Looking through photo albums	Reading aloud
Singing familiar songs	Watching a favorite movie
Doing arts and crafts together	Playing card games
Participating in group discussions	Going on a virtual tour of famous landmarks
Doing virtual museum tours	Sharing and discussing favorite trips
Participating in Book Groups	Cooking or baking together
Watching and discussing sports events	Visiting Family
Engaging in reminiscence activities	Playing board games
Having a virtual gathering or video call	Sharing and discussing favorite recipes
Attending local community events	Listening to the ocean with loved one
Going to a local park	Writing letters or cards to loved ones
Sharing and discussing favorite movies	Going to live performance
Doing volunteer work together	Playing with pets or therapy animals
Going on nature walks or hikes	Pictionary
Attending local community classes	Going to art exhibits
Doing gardening or tending to plants	Sharing favorite hobbies
Going to local fairs	Engaging in storytelling

NOTES : Use this space to write notes about the activities completed.





We hope this collection of 124 engaging activities for individuals with dementia has been a valuable resource for you. Our aim was to provide a wide range of activities that promote cognitive stimulation, physical well-being, and social interaction. Whether you are a caregiver, family member, or healthcare professional, we believe that these activities can make a meaningful difference in the lives of those living with dementia.



ADDITIONAL SUPPORT,
CAREGIVING RESOURCES AND
STRATEGIES

JOIN THE ADVANCED PROGRAM

If you would like to delve deeper into dementia care strategies, seek personalized guidance, or connect with a supportive community, we invite you to take advantage of our additional resources. Consider booking a free 15-minute 1:1 consultation to discuss specific challenges or join our Dementia Care Champions membership, where you'll gain access to exclusive content, expert advice, and a community of caregivers. We are here to support you on your dementia care journey.

[BOOK A CALL](#)

[JOIN THE
COMMUNITY](#)

GAIN THE KNOWLEDGE, SKILLS, AND SUPPORT TO
PROVIDE EXCEPTIONAL CARE FOR YOUR LOVED ONES

Dementia Care Champions

A FACEBOOK COMMUNITY FOR
CAREGIVERS

CONNECT | LEARN | SHARE

