

Activities That Can be done with Family or Caregivers at Home

- 1) Read a newspaper or magazine aloud to keep your loved one “in touch” with what’s going on in the area/world. Consider subscribing to or picking up your loved one’s hometown newspaper instead of or in addition to your current local newspaper.
- 2) Wind yarn together for a knitting or crocheting project.
- 3) Organize and sort a sewing basket, button box, or toolkit together.
- 4) Complete mind exercises such as word/trivia games, jigsaw puzzles, crossword puzzles, or word finds.
- 5) Rent an old favorite movie or watch homemade videos.
- 6) Look at a favorite recipe book to explore or plan a meal.
- 7) Provide different items to use all of your senses. Example: smell spices or perfume, touch silk or velvet, listen to birds or frogs, taste oranges or chocolate.
- 8) Make a “memory box” by filling a decorated shoe box with past and present memories.
- 9) Make a scrapbook of past and present photos.
- 10) Look at a travel book or brochure to dream about your fantasy vacation.
- 11) Read the Farmer’s Almanac and keep track of which predictions are true.
- 12) Provide a hand massage or light shoulder massage with relaxing music playing in the background.
- 13) Stringing beads to create a bracelet or necklace for a loved one.
- 14) Make simple holiday cards to send throughout the year.
- 15) Sing! Music is powerful. Have a copy of lyrics and sing along.
- 16) Laundry. Laundry may be a chore, but sorting, organizing and folding freshly washing clothing can be a positive experience.
- 17) Polish Silverware.
- 18) Storytelling. Reminisce past experiences or find a photo and create a story about that photo.
- 19) What’s in the bag? Get a bag and fill with different items such as cotton balls, sandpaper, leaves, newspaper, felt, sock, clothespin, etc, then have individual feel what is in the bag and tell you what the item is.
- 20) Exercise and Range of Motion. Go outside for a walk when the weather is nice, or simply move each body part in small motions which can be done in a seated or standing position.