

Dementia Activities at Home

Even though your loved one has Dementia it is extremely important to keep the brain active and sometimes push boundaries in learning. By keeping the brain mentally active it can support those with memory loss and the frustrations and feelings Dementia can evoke.

Physical Activities

Physical activities release the "feel good" chemical Endorphins into the bodies system which in turn support our mental health and well-being and encourages positive thoughts.

- Gardening, weeding, sowing seeds
- Walks
- Seated exercise (various DVD's available online)
- Dancing together

Logic Activities

Logical activities stimulate parts of the brain that control reasoning and problem solving and therefore these activities improve concentration and mental stimulation.

- Crosswords
- Word Searches
- Math questions (Addition and subtraction)
- Scrabble, Cards, Dominies, Snap
- Board Games, Jigsaws

Creative Activities

Creative Activities are relaxing and calming and give a sense of achievement, aiding positivity and increased well-being.

- Drawing
- Painting
- Colouring
- Knitting, Crochet

Practical

Helping out practically in the home give people a sense of worth and purpose, increasing confidence and self-esteem.

- Washing up
- Darning and repairing clothes
- Cleaning cupboards
- Cooking and baking
- Reading or Picture books
- Housework

Reminiscence

By sharing memories from the past through reminiscence those with Dementia can develop positive feelings whilst reducing agitation and stress and encourages conversation, a key skill to feel part of the family and local community.

- Memory Boxes - Filled with photos, items of importance, ornaments, items of importance
- Photos - Looking through old photos, instigating discussions, feelings and thoughts
- Old Films
- Old Songs

Music

Music has the power to unlock memories and experiences of times gone by. Research suggests that listening to music can provide emotional and behavioural benefits to those with a form of memory loss and reached parts of the brain other communication cannot. Other family members and Grandchildren can help out by outing together a playlist of favourite songs.

- Radio
- CD's and old records
- Singing

Resources

- Your local library will have a wealth of CD's and books available in large print as well as photo books. www.warwickshire.gov.uk/libraries
- The BBC have launched "Music Memories" online. It has various genres of music as well as categorising in years and styles. <https://musicmemories.bbcrewind.co.uk/>
- AGE UK Coventry & Warwickshire have resource worksheets that you can request that can be emailed out to you such as: Name the city, Maths questions, fill in the blank, Name the pair amongst many more. For more information email: beverley.hotson@ageukcovwarks.org.uk

“Believe they can rather than they can’t, do not let the word Dementia define the abilities of a person”