

ACTIVITIES WITH YOUR LOVED ONE

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Check the boxes with the activities you would like to do with your loved one according to which stage they are in.

EARLY STAGE

- ☐ Find time to laugh, and do it frequently!
- ☐ Make friends in social settings; dancing, exercise class
- ☐ Have a tea party or card party
- ☐ Word games, board games, puzzles, crossword puzzles
- ☐ Make a scrapbook or video together of their life (to look at later)
- ☐ Spend time outside in the garden or on a walk
- ☐ Play "Name That Tune" to radio or CD with familiar music
- ☐ Movie Night: Movie of their favorite time period, old TV shows, or old time radio programs they used to enjoy
- ☐ News Time: Reading and talking about the daily newspaper or news broadcast and current events
- ☐ Family fun time and family events



MIDDLE STAGE

- ☐ Find time to laugh, and do it often!
- ☐ Sorting and matching games or objects
- ☐ Puzzles, dominoes, checkers
- ☐ Spend time outdoors: plant flowers, watching birds, or go for a walk
- ☐ Music, dancing, chair dance, exercise
- ☐ Arts & Crafts, scrapbook, tactile crafts
- ☐ Magazines, movies, television, or thumbing through old photo albums
- ☐ Music fun: listen to big band records or CDs and have sing-alongs of old songs
- ☐ What's in the bag? Fill a bag with ordinary or familiar items and ask them to reach in the bag and guess what they're feeling
- ☐ Word games such as finishing a common phrase. (Ex: "early to bed, early to rise, makes a man, healthy, wealthy and wise.")



LATE STAGE

- ☐ Provide different fabrics to touch and hold
- ☐ Pet therapy or stuffed animals to cuddle
- ☐ Quiet, soothing music from favorite time period
- ☐ Gentle massage
- ☐ Reminisce to music and home movies
- ☐ Memory box, old family pictures and valued objects
- ☐ Food items with different textures, size and taste. Be careful about ability to swallow. Many in late stage benefit from finger foods and small, frequent portions
- ☐ Hold hands or caress arm or leg
- ☐ Sit wrapped in blanket together in sunshine, spend time outside

