

RIGHT-SIZING ACTIVITIES TO MATCH CHANGING ABILITIES

As people progress through the disease, activities must be adapted and simplified. Your loved one can continue to do the activities they love as long as these particular activities are "right-sized". Families can provide more and more assistance with activities which historically have brought pleasure to their family member. In the later stages, activities should become more sensory.

EXAMPLES OF SENSORY ACTIVITIES: TOUCH

- Feel different fabrics
- Identify shapes by touch
- Give lotion hand massages
- Identify everyday items in a bag by touch
- Visit with animals
- Sculpt using non-toxic materials



EXAMPLES OF SENSORY ACTIVITIES: SIGHT



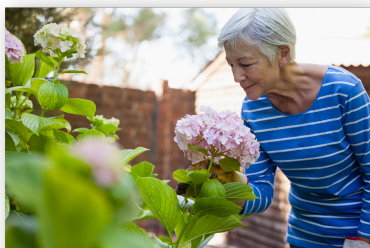
- Laminate pictures of things that were interesting to the person to look at together
- Watch videos of animals, nature or travel
- Look at photo albums together
- View photos of famous paintings, favorite settings or prominent people from the past
- Go bird-watching
- Paint with watercolors
- Go outdoors or sit by an open window together

EXAMPLES OF SENSORY ACTIVITIES: SOUND

- Listen to familiar music
- Listen to recordings of the sounds of nature, farms, cities or animals
- Identify musical instruments by sound
- Listen to songs or speech in your person's native language
- Read books, poetry, scripture, or newspaper articles to your person
- Let the person hear the gentle tone of your voice



EXAMPLES OF SENSORY ACTIVITIES: SMELL



- Make small plastic bags containing items for the person to smell, such as:
 - Herbs or spices
 - Cotton balls dipped in essential oils
 - Grass clippings
 - Fragrant flowers
 - Teas or coffee beans
- Use fragrant lotions for hand massages
- Cook or feed the person foods that smell good, such as apple pie or chicken soup