



Dr. Alexandra Peel
 Specialized Geriatric Services
 Fax: 519-357-1816
 Phone: 519-357-2500
 Mind ▪ Medications ▪ Multi-Complexity ▪ Mobility ▪ Matters Most

101 Things to Do with Someone with Memory Problems

Background: Daily activities for people living with Memory Problems tend to change as the disease progresses. Dementia tends to limit concentration and cause difficulties in following directions. These factors can turn simple activities into daily challenges. Individuals with Dementia often don't start or plan activities on their own. When they do, they may have trouble organizing and carrying out the activity. Many caregivers state that the individual often sits in one area of the room, paces the floor, or searches for familiar objects with little interest in doing the things that had once brought meaning and pleasure to life.

By using a variety of activities matched to the person's abilities, the caregiver can help the family member enjoy his current level of skill and talent, as well as retain his sense of positive self-esteem. Here are 101 ideas to help pass the time throughout the year.

1. Clip coupons.	27. Remember famous people.	53. Read aloud from labels.	79. Identify states and capitols.
2. Count tickets.	28. Wipe off the patio furniture.	54. Sing favorite hymns.	80. Read out loud.
3. Use the vacuum cleaner.	29. Read classic short stories.	55. Play horse shoes.	81. Dye Easter eggs.
4. Bake cookies.	30. Have afternoon tea.	56. Make a fresh fruit salad.	82. Bake homemade bread.
5. Listen to polka music.	31. Water house plants.	57. Sew sewing cards.	83. Have a spelling bee.
6. Look at family photographs.	32. Mold with <i>Play Doh</i> .	58. Sand wood.	84. Plant seeds indoors or out.
7. Color pictures.	33. Name the presidents.	59. Finish nursery rhymes.	85. Cook hot dogs outside.
8. Wipe off the table.	34. Make homemade ice cream.	60. Ask simple questions.	86. Make a family tree poster.
9. Make cream cheese mints.	35. Dance.	61. Paint with string.	87. Sweep the patio.
10. Have a calm pet in to visit.	36. Color a picture of our flag.	62. Plant a tree.	88. Reminisce about the first kiss.
11. Wash silverware.	37. Fold towels.	63. Feed the ducks.	89. Make a May basket.
12. Make a Valentine collage.	38. Take a walk.	64. Give a manicure.	90. Cut out paper dolls.
13. Take a ride.	39. Remember great inventions.	65. Pop popcorn.	91. Put a simple puzzle together.
14. Make a basket of socks.	40. Make paper butterflies.	66. Put coins into a jar.	92. Rake leaves.
15. Roll yarn into a ball.	41. Weed the flower bed.	67. Make a birthday cake.	93. Make a cherry pie.
16. Make Christmas cards.	42. Play <i>Pictionary</i> .	68. Arrange fresh flowers.	94. Finish Bible quotes.
17. Take care of a fish tank.	43. Sort poker chips.	69. Sing Christmas carols.	95. Paint a sheet.
18. Decorate paper place mats.	44. Make homemade lemonade.	70. Finish famous sayings.	96. Fold clothes.
19. Clean out a pumpkin.	45. Put the silverware away.	71. Grow "magic rocks."	97. Toss a ball.
20. Sort playing cards by their color.	46. Color paper shamrocks green.	72. Cut pictures out of greeting cards.	98. Rub in pleasant-scented hand lotions.
21. Read the daily newspaper out loud.	47. Look up names in a phone book.	73. Dress in red on a football Saturday.	99. Play favorite songs and sing together.
22. Put bird feed out for the birds.	48. Force bulbs for winter blooming.	74. Cut out pictures from magazines.	100. Make peanut butter sandwiches.
23. Make homemade applesauce.	49. Write a letter to a family member.	75. Reminisce about a favorite summer.	101. Cut up used paper for scratch paper.
24. Reminisce about the first day of school.	50. Read <i>Reader's Digest</i> out loud.	76. Look at pictures in <i>National Geographic</i> .	
25. String Cheerios to hang outside for the birds.	51. Straighten underwear drawers.	77. Trace leaves and cut them out.	
26. Sort objects such as beads by shape or color.	52. Say, "Tell me more" when they start talking about a memory.	78. Ask a friend, neighbor, or church acquaintance with a baby to visit.	

Adapted from: Healthcare Interactive and Alzheimers Association