

# Indoor Games for Dementia

## ■ Classic & Simple Games

- Dominoes (large-print or tactile sets)
- Snakes & Ladders (simplified versions available)
- Ludo / Parcheesi (bright, easy-to-follow boards)
- Playing cards (Go Fish, Snap, simple matching pairs)
- Bingo (with large cards and clear images/numbers)
- Connect 4 (bright colours, easy to handle)

## ■ Puzzles & Matching

- Large-piece jigsaw puzzles (themes like nature, animals, or nostalgic images)
- Picture/word matching games (custom photo cards of family, places, or objects)
- Sorting activities (buttons, coloured blocks, or shapes)

## ■ Creative Play

- Colouring books (adult or themed)
- Painting with watercolours
- Clay or playdough modelling (gentle sensory activity)
- Sticker books or 'paint with water' sets

## ■ Musical & Sensory Games

- Name That Tune (play familiar songs and guess)
- Simple percussion instruments (shakers, tambourines)
- Pass the ball to music (balloon or soft ball, stop when music stops)

## ■ Memory & Reminiscence

- Reminiscence cards or photo cards (talk about objects, people, or places)
- "What's in the bag?" guessing game (tactile exploration of familiar objects)
- Simple trivia (focused on decades the person remembers best)

## ■ Gentle Movement Indoors

- Balloon tennis/volleyball
- Beanbag toss into a basket
- Indoor skittles or bowling
- Parachute play with a sheet (bouncing a ball on top)