



Activities

Dementia-friendly activities are designed to be failure free. The point of these activities isn't to "get it right" (which can be frustrating for someone with dementia); it's to feel good about doing it. The key is to pick activities that match their interests and current abilities and reinforce their self-esteem while relieving frustration and boredom.

Examples of outdoor activities

- Take a walk
- Plant flowers
- Water plants
- Feed the birds
- Rake leaves
- Go to the park
- Sit on a bench or a swing
- Watch dogs at a dog park
- Toss a ball
- Play cornhole
- Visit a beach or forest preserve
- Sweep the porch or patio
- Set up a picnic on the lawn or in the backyard
- Sit on the porch and drink coffee, hot chocolate, or lemonade

Examples of indoor activities

- Read familiar passages from the Bible
- Listen to the person's favorite music
- Sing together
- Dance
- Look at family photo albums
- Ask the person about his/her childhood, siblings, school, pets, or first car
- Bake cookies or bread
- Make the person's favorite lunch or snack
- Set the table
- Wash and dry dishes
- Fold clothes or towels
- Paint or color
- Model with play dough

- Fold paper cranes
- Play checkers, dominos, or a card game
- Work together on a puzzle
- Read from one of their favorite books
- Read the newspaper together
- Give the person a hand massage with lotion
- Give the person a manicure
- Watch home videos