

101 Activity Suggestions for People Living with Dementia

1 Listen to music

2 Toss a ball

3 Colour pictures

4 Make homemade lemonade

5 Count trading cards

6 Clip coupons

7 Sort poker chips

8 Read out loud chapters from Harry Potter books or other favourite stories

9 Rake leaves

10 String beads

11 Bake cookies

12 Take photos of the person and you and create a collage

13 Brush or comb one another's hair

14 Participate in the Alzheimer Society of Ireland's annual Tea Day

15 Plant seeds indoors or outdoors

16 Look at family photographs

17 Wipe off the kitchen table

18 Weed the flowerbed or tend to the garden

19 Fold laundry

20 Have a friend visit with a well-behaved pet

21 Cut pictures out of greeting cards or magazines

22 String Cheerios to hang outside for birds

23 Ask the person about his or her favourite childhood books or cartoon characters (you can share yours too)

24 Invite the person to tell you more when he or she talks about a memory

25 Sort objects by shape or colour

26 Sing old songs

27 Bake homemade bread

28 Put cutlery away

29 Make a Valentine card

30 Play favourite songs and sing

31 Ask the person about his or her brothers or sisters

32 Make a cherry pie

33 Play with tops or jacks

34 Make a scrapbook

35 Take a walk around the yard

36 Write a poem together

37 Reminisce about the first day of school

38 Play dominoes

39 Make a fresh fruit salad

40 Sweep the patio

41 Colour paper shamrocks green

42 Fold towels

43 Have an afternoon tea party

44 Talk about great inventions

45 Look through the pages of a clothes catalogue

46 Look at a map and identify countries

47 Make a family tree poster

48 Colour a picture of your country's flag

49 Eat a picnic lunch outside

50 Water house plants

For more information
contact our helpline at 1800 341 341
or visit Alzheimer.ie



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51 Play horseshoes

52 Dance

53 Watch Sesame Street together

54 Make homemade ice cream

55 Make holiday cards

56 Reminiscence about favourite sports activities the person enjoyed while growing up

57 Write a letter to a friend or family member

58 Dress in your favourite sports' teams' colours

59 Pop popcorn

60 Give a manicure

61 Name the presidents/prime ministers

62 Make paper butterflies

63 Plant a tree

64 Finish famous sayings

65 Feed the ducks

66 Model with play dough

67 Look at pictures in a comic book

68 Put a puzzle together

69 Sand wood

70 Rub in hand lotion

71 Arrange fresh flowers

72 Remember famous people

73 Recite nursery rhymes

74 Make peanut butter sandwiches

75 Cut up used paper for scrap paper

76 Blow bubbles

77 Take care of a fish tank

78 Bake cupcakes and decorate them

79 Interview the person about his or her life with a video camera or audio recorder

80 Play Hangman

81 Finger paint

82 Cut out pictures from magazines

83 Put coins in a jar

84 Put bird seed out for the birds

85 Cook a favourite family recipe together

86 Reminiscence about a favourite summer

87 Roll yarn into a ball

88 Trace and cut out autumn leaves

89 Decorate a pumpkin

90 Gather a yellow sponge, crayons, paper and tape and make a SpongeBob Square Pants

91 Wash silverware

92 Give him or her a hug

93 Ask the person to show you how to knit or sew (or another favourite hobby)

94 Make a picture frame out of popsicle sticks and glitter

95 Play a musical instrument

96 Keep a journal together

97 Ask the person to talk about his or her favourite sports hero

98 Sort playing cards

99 Wash windows together

100 Ask the person about his or her favourite pet

101 Ask the person about his or her first car

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