

Adjusting Activities to the Changing Needs of People with Dementia

Activities in Early Stages of Dementia	Activities in Middle Stages of Dementia	Activities in Later Stages of Dementia Changes in the type of activities that can be done
<ul style="list-style-type: none"> • Prompting 	<ul style="list-style-type: none"> • Prompting • Encouraging 	<ul style="list-style-type: none"> • More emphasis on sensory activities • Soothing, voice, body language
<p>Household Activities</p> <ul style="list-style-type: none"> • People may continue to enjoy many of the activities in which they have always engaged. 	<ul style="list-style-type: none"> • People may do tasks if encouraged on a step by step basis. “Would you help me to dust the table?”, handing the person the duster. 	<ul style="list-style-type: none"> • People may be able to dry dishes or dust a table from sitting position. • Sorting and folding items can be done from a sitting position.
<p>Watching Television</p> <ul style="list-style-type: none"> • People will continue to enjoy some of their favourite programmes, particularly in the early stages of dementia but they may need support with the remote control. 	<ul style="list-style-type: none"> • Favourite programmes of music, nature, sport, cooking etc. can be recorded and shown repeatedly. • As dementia progresses a person may lose the ability to follow the story lines of many of the ‘soap operas’ or news documentaries. It is unlikely that watching TV will continue to be enjoyable. • Music therapy 432 HERTZ as a form of relaxation. 	<ul style="list-style-type: none"> • At a certain stage some people with dementia may lose their ability to recognise familiar objects and develop perceptual problems. • They may become frightened, confused and disturbed by violent or noisy programmes which may in some cases contribute to sleep problems and agitation. • Music therapy 432 HERTZ as a form of relaxation.
<p>Playing Cards/Crosswords</p> <ul style="list-style-type: none"> • People who have previously enjoyed card games may continue to enjoy playing familiar games and doing crosswords. 	<ul style="list-style-type: none"> • Some people may wish to continue to play cards. • Using simple crosswords (available from National Literacy agency) with more concrete clues may enable person to do them with help. 	<ul style="list-style-type: none"> • At a certain stage some people with dementia may lose their ability to play games with cards but may help to sort out different packs. • The person will be unable to recognise written words or understand verbal clues.
<p>Reading</p> <ul style="list-style-type: none"> • The person may continue to enjoy reading alone, audiobooks or a borrow box from the local library. 	<ul style="list-style-type: none"> • The person may enjoy reading newspaper headlines and discussing them or enjoy having the paper read for him/her. • Borrow box from the library. • Audio books. 	<ul style="list-style-type: none"> • The person may enjoy looking at books or pictures but be unable to read text. • The person may enjoy the sound of poems being said or read even though he/she is unable to understand the words fully.

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



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