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**
✓ **Prompting**	✓ **Prompting** ✓ **Encouraging**	✓ **More emphasis on sensory activities** ✓ **Soothing, voice, body language**
Household Activities People may continue to enjoy many of the activities in which they have always engaged	• 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	• 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
Watching Television 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.	• 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	• 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
Playing Cards/Crosswords People who have previously enjoyed card games may continue to enjoy playing familiar games and doing crosswords.	• 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	• 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
Reading The person may continue to enjoy reading alone, audiobooks or a borrow box from the local library.	• The person may enjoy reading newspaper headlines and discussing them or enjoy having the paper read for him/her • Audio books • Borrow box from the library	• 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