



Alzheimer's
LOS ANGELES

844.HELP.ALZ
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AlzheimersLA.org

ACTIVITIES TO DO AT HOME MIDDLE STAGE

During the COVID-19 Safer at Home order, older adults are being asked to stay indoors to lower risk of exposure. Many things are changing fast and we are being forced to adapt quickly. Staying home might be easier said than done.

To help organize your days, we have put together lists of activities to do at home with someone who has a diagnosis of Alzheimer's or another dementia, regardless of their stage in this journey.

Changes in routine can cause confusion and agitation for people with Alzheimer's. The lists below can help you create a new "regular" routine. Hopefully, this will provide ideas on how to fill your days.

When creating a new routine for yourselves at home, keep in mind that it is difficult for people at any stage of the disease to adapt to change, especially to a sudden change in routine. Choose activities that you can enjoy together, create a schedule, test it, then modify as needed. Having a set routine can help give the person with a diagnosis some order and control to their day.

When creating or choosing an activity it is important to keep three things in mind:

- It should reflect their likes and interests.
- It should be set up and instructions should be given in a way that matches the person's abilities.
- Be flexible, attention span might be decreased, it is okay if you need to move on to another activity.

COGNITIVE STIMULATION

- Name the presidents.
- Remember famous people.
- Look at pictures together and talk about those memories.
- Read or write a poem together.
- Talk about great inventions.
- Work on a puzzle.
- Write a letter to a friend or family member.
- Talk about your first car.

ANIMALS

- Mindfully pet your animal companion.
- Go out for a walk with your dog.
- Make a bird feeder together.
- Talk about your first pet or your favorite pet.



GARDEN

- Plant seeds together.
- Start an herb garden.
- Tend to your garden.
- Sit outside and enjoy your garden and some fresh air.
- Take a walk around the block.

CONVERSATION IDEAS

- Talk about your favorite family memories, traditions, or vacations.
- Look at pictures together and talk about them.
- Reminisce about favorite sports enjoyed when growing up.
- Talk about favorite spring or summer activities.
- Make a list of things you want to enjoy once social distancing is over.

AROUND THE HOUSE

- Help clean up.
- Help set the table for meals.
- Help fold laundry.
- Wash the windows.
- Organize the closet you have been avoiding.

EXERCISE, GAMES, & MUSIC

- Play a board game together.
- Play dominos.
- Work on a big puzzle together.
- Play an easy card game like 'go fish'.
- Have a dance party.
- Listen to music together.
- Sing old songs together.
- Play your instrument if you know how. This is a great time to practice!
- Do a simple chair exercise like this one.



[youtube.com/watch?v=azv8eJgoGLk&feature=youtu.be](https://www.youtube.com/watch?v=azv8eJgoGLk&feature=youtu.be)

ARTS

- Color. If you don't have an adult coloring book download one on your smart phone or tablet.
App: Lake: Coloring Books
- Cut pictures out of old magazines, make a collage, and send it to your family or a friend.
- Go to the museum... virtually!
[travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

We know being a caregiver can be tough, but you don't have to face it alone. Alzheimer's Los Angeles provides you with FREE information, education, and support on your journey.

Call our helpline for assistance: 844.HELP.ALZ