



**Alzheimer's
LOS ANGELES**

844.HELP.ALZ
(844.435.7259)
AlzheimersLA.org

ACTIVITIES TO DO AT HOME EARLY 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.

STAY CONNECTED!

Staying connected with friends and family is important and can be easy with all the available technology.

- Call or FaceTime with a friend. Set up a time during your day when you will call or FaceTime a friend. It can be a different person every day.
- Find a way to play a game with a friend online. Set up a time to play a game with friends or family where you all log on at the same time and play together for a little while.
- Host a virtual tea, coffee time, or happy hour. Invite people to FaceTime with you and enjoy tea, coffee, or a favorite cocktail.
- Host your own cooking show. Set up a time, maybe right before dinner, to cook your own meal while demonstrating how to make a family recipe. Connect on FaceTime so they can see what you are doing.
- Write an actual letter or thank you note and send it to a friend or family member.
- Connect with your grandchildren by becoming their pen pal, send them a letter, tell them about your day, and ask them to share the same with you.

WRITE, WRITE, WRITE

Now might be a good time to write some things that will help you privately reflect or share your story with others.

- Start a journal. Make time every morning or evening to write down your intentions for the day, how you felt that day and one or two things you enjoyed. A quick short entry will do.
- Make a family cookbook. Collect all your family recipes and put them together in one book.
- Make a list of things for which you are grateful at the end of the day, review and add to it every night. Share it with your family via email.
- Record or write down your stories then share with your grandchildren or family via email.

STAY HEALTHY & ACTIVE

- If you can, go for a walk around your block. If you have pets, take them out for a walk. They will appreciate you for it.
- Do a workout at home. Set a time each day to do a quick workout at home. Here is a good 20-minute chair exercise.
[youtube.com/watch?v=azv8eJgoGLk&feature=youtu.be](https://www.youtube.com/watch?v=azv8eJgoGLk&feature=youtu.be)
- Have a dance party in your living room or if you are brave enough, on your driveway. Connect to FaceTime and invite your friends or family to dance with you.

ENTERTAINMENT AT HOME



- YouTube has some amazing things to offer. To start, check out this video.
youtube.com/watch?v=MXqQ_hKlyTc
- Go to a museum...from the comfort of your own home!
travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
- Pick a binge-worthy show that friends or family have been recommending and only watch one episode a day. Pick two shows, one for the morning and another to watch together in the evening.
- Work on a puzzle together. Work on the puzzle a little each day, take a picture, and share with friends.
- Listen to a podcast together. There are great podcasts with short episodes that you can listen to together and then discuss. *The Moth* is a good start.
themoth.org
- If you know how to play an instrument, dust it off and practice. Maybe you can perform for your family on FaceTime.

TIME TO REFLECT

A change in our routine can cause feelings of anxiety. Setting aside time to reflect and focus on our feelings can help calm some of our anxiety.

- Meditate. There are many apps or YouTube videos to help you start your meditation practice.
- Do a guided imagery session, which can be a relaxing start or end to your day.
- Need to let go of difficult or anxious thoughts? Try this website where you type in your thought and “release it”.
thought-detox.glitch.me
- Color. Coloring can be very relaxing, if you don’t already have an adult coloring book at home, or art supplies to do your own paintings, download digital coloring books on your smart phone or tablet.
App: Lake: Coloring Books
- Try yoga for anxiety. Check out this 20-minute yoga video. Be mindful of your body and only do what you feel comfortable doing.
youtube.com/watch?v=bJJWArRfKa0
- Watch videos to help you relax. Put on a video from this link while you are writing a letter to a friend or family member or while working on a puzzle together.
advice.shinetext.com/articles/8-videos-that-bring-a-nature-break-to-your-desk
- Check out this website, which offers a lot of resources to help you cope with anxiety associated with Coronavirus.
virusanxiety.com

AROUND THE HOUSE

- Finish that project you started and never got around to completing.
- Start an herb garden.
- Organize a room or space in your home that you have been avoiding. Work on it a little each day.
- Try a new recipe together if you have the ingredients in your pantry or fridge.
- Look through photos together. This is a good time to reminisce about old memories together. Pick the best picture and mail it to a friend or family with a little description.
- If the weather permits, work on your garden. Fresh air and sun can feel so nice.
- Work on a family tree.

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