

Alzheimer's
LOS ANGELES

844.HELP.ALZ
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AlzheimersLA.org

ACTIVITIES TO DO AT HOME LATE 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.

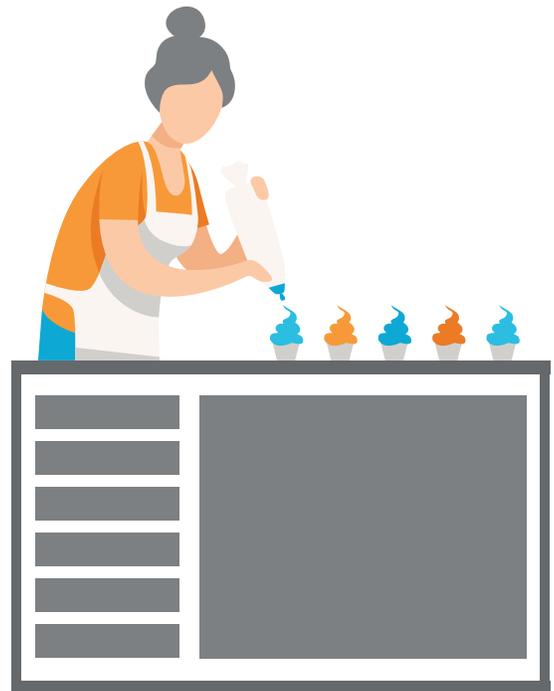
When creating a new routine for yourselves at home, keep in mind that it is difficult for people at any stage of the disease to adapt to change, especially to a sudden change in routine. Choose activities that you can enjoy together, create a schedule, test it, then modify as needed. Having a set routine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

LATE STAGE ACTIVITIES

- Listen to music together
- Create art. Give the person with dementia a blank piece of paper with materials (watercolors, markers, crayons, pencils, or whatever you can find). Discuss a past memory and then have them draw it freely. If they need inspiration, find a simple image of a flower, nature, or animal and have them replicate it.
- Toss a ball.
- Make a scrapbook. Cut out pictures from old magazines and create a collage or simply talk about the pictures you chose.
- Take a walk around the yard or block.
- Sweep the patio or driveway.
- Fold towels or the laundry.
- Sing favorite songs.
- Bake cupcakes or cookies.
- Look at family pictures together and talk about memories.
- Connect with a friend or family member via FaceTime so you can see them.
- Water plants.
- Dance or listen to fun or favorite music together. Put on some music that you or the person with dementia listened to in younger years and encourage them to dance or sing with you. This is a great exercise for the both of you!
- Cook a favorite family recipe together.
- Sort playing cards, buttons, or coins.
- Enjoy a cup of tea together.
- Work on a puzzle together.
- Create a memory box. Fill a box with things they used in a past hobby, career, or meaningful items (like pencils, pieces of fabric, a hammer, pictures, measuring spoons, a whisk, or sandpaper). Have them pull items from the box and share stories about each.
- Untie knots. Find scraps of fabric, medium-thickness rope, or yarn and loosely tie a few knots. Then ask your loved one to help you untie them.
- Involve your loved one in housework. Depending on their abilities and familiarity with the activity, you may ask them to help with tasks: folding clothes, matching socks, putting away or washing dishes, sweeping, making beds, or dusting.



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